

## Day 67: Back And Biceps

### ALTERNATING DUMBBELL CURL (WARM-UP SETS)

Use light weight and stop each set short of failure.



#### Alternating Dumbbell Curl

2 sets, 20 reps (alternating, 10 reps per arm, rest 1 min.)

### PAIRED SET

Perform the exercises in order with 1 min. rest between exercises and sets.



#### Neutral-grip pull-up

Use an assisted pull-up machine if necessary. Add weight if needed to hit failure at around 5 reps in the final set.

3 sets, 25, 15, 5 reps (rest 1 min.)



#### Chin-Up

Use an assisted pull-up machine if necessary.

2 sets, 20, 10 reps (rest 1 min.)

### DTP DROPSET

Perform all 3 sets without rest, lightening the weight with each set like a continuous dropset.



#### Reverse-grip lat pull-down

3 sets, 5, 10, 15 reps (no rest)

## DTP DROPSET

Perform all 3 sets without rest, lightening the weight with each set like a continuous dropset.



### Pull-Down

3 sets, 20, 25, 30 reps (no rest)



### Reverse-grip bent-over row

5 sets, 25, 20, 15, 10, 5 reps (rest 1 min.)

## DTP DROPSET

Perform all 5 sets without rest, lightening the weight with each set like a continuous dropset.



### Barbell Row

5 sets, 5, 10, 15, 20, 25 reps (no rest)

## SINGLE-ARM DUMBBELL ARC ROW

Perform all of the reps on one side before switching to the other side. Don't rest between sides or sets.



### Single-arm dumbbell arc row

5 sets, 25, 20, 15, 10, 5 reps (left side, no rest)



### Single-arm dumbbell arc row

5 sets, 25, 20, 15, 10, 5 reps (right side, no rest)

## DTP DROPSET

Perform all 5 sets without rest, lightening the weight with each set like a continuous dropset.



### Dumbbell Row

5 sets, 5, 10, 15, 20, 25 reps (left side, no rest)



### Dumbbell Row

5 sets, 5, 10, 15, 20, 25 reps (right side, no rest)



### Machine Preacher Curl

5 sets, 25, 20, 15, 10, 5 reps (rest 1 min.)

## DTP DROPSET

Perform all 5 sets without rest, lightening the weight with each set like a continuous dropset.



### Single-Arm Preacher Machine Curl

5 sets, 5, 10, 15, 20, 25 reps (left side, no rest)



### Single-Arm Preacher Machine Curl

5 sets, 5, 10, 15, 20, 25 reps (right side, no rest)



### Elliptical trainer

1 set, 15 min. Alternate 3 min. of easy effort with 1 min. of hard effort, or perform other cardio of your choice.

1 set, 15 mins