


Remember to adjust the weight according to your ability and fitness level. And don't forget to warm up before your workout and stretch afterward.

Biset (workout in which two exercises are performed in sequence without rest between them)

BACK




WIDEGRIP LAT PULLDOWN

SETS **4**

REPS **10**

INTERVALS **1 Min**

BACK



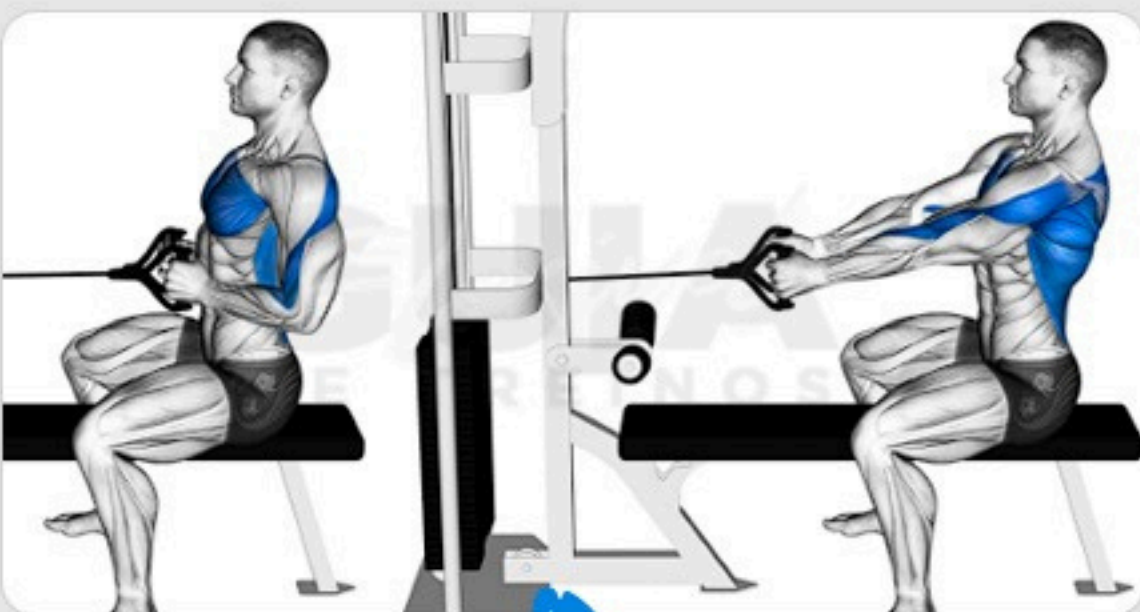
ROPE PULLDOWN

SETS **3**

REPS **10**

INTERVALS **1 Min**

BACK




SEATED ROWING

SETS **4**

REPS **10**

INTERVALS **1 Min**

BACK



DUMBBELL REVERSE FLY

SETS **4**

REPS **10**

INTERVALS **1 Min**


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Biset (workout in which two exercises are performed in sequence without rest between them)


BICEPS




BICEPS CURL

SETS 4

REPS 8

INTERVALS  3:00


BICEPS




DUMBBEL ALTERNATE CURLS

SETS 4

REPS 8

INTERVALS  3:00


BICEPS



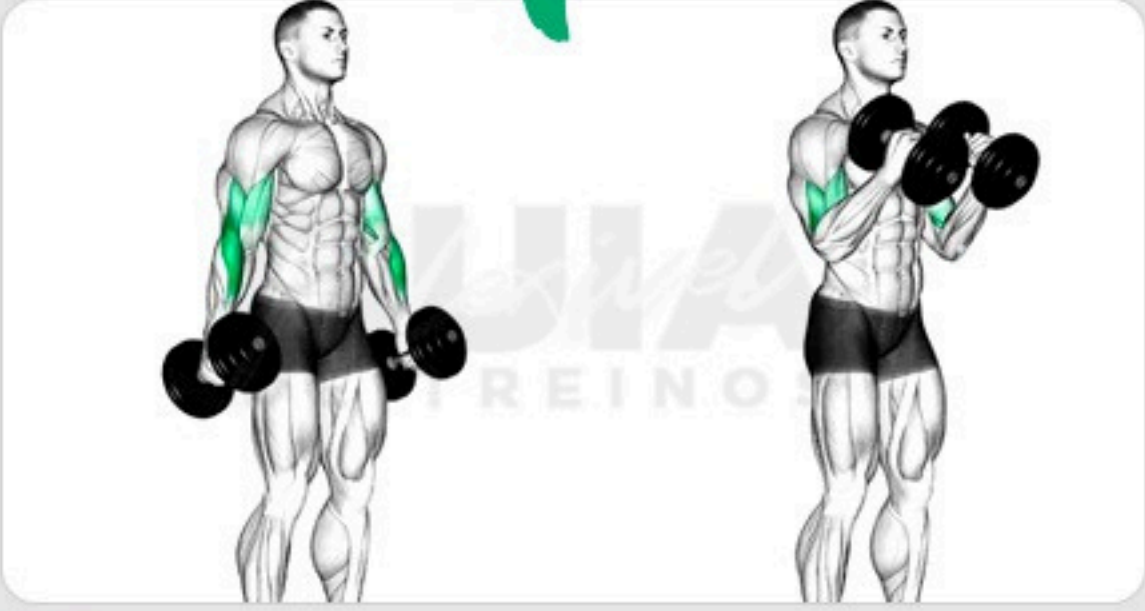
PREACHER CURLS

SETS 4

REPS 8

INTERVALS  3:00

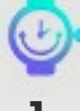
BICEPS



HAMMER CURLS

SETS 4

REPS 8

INTERVALS  3:00

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