

LATS + MID BACK + BICEPS

DAY 4, DAY 11, DAY 18, DAY 25 & DAY 32

Exercise 1: Super Set

EXERCISES	SET 1	SET 2	SET 3
Close Grip Lat Pull down	15 reps	10 reps	8 reps
Machine Rows	15 reps	10 reps	8 reps

Exercise 2: Super Set

EXERCISES	SET 1	SET 2	SET 3
DB Rows	15 reps	10 reps	8 reps
Single Hand Cable Lat Pulldown	15 reps	10 reps	8 reps

Exercise 3: Super Set

EXERCISES	SET 1	SET 2	SET 3
Straight Bar Pull down	12 reps	10 reps	8 reps
Rope Rows	12 reps	10 reps	8 reps

Exercise 4: Super Set

EXERCISES	SET 1	SET 2	SET 3
Machine Preacher Curl (Long Head)	15 reps	10 reps	8 reps
Machine Preacher Curl (Shot Head)	15 reps	10 reps	8 reps

Exercise 5: Super Set

EXERCISES	SET 1	SET 2	SET 3
DB Hammer Curl	12 reps	10 reps	8 reps
Cable Overhead Biceps Curl	12 reps	10 reps	8 reps

Exercise 6: Giant Set

EXERCISES	SET 1	SET 2	SET 3
Cable Conc. Curl (Mid-Lower Angle)	12 reps	10 reps	8 reps
Cable Curl 45*	12 reps	10 reps	8 reps
Laying Biceps Curl	12 reps	10 reps	8 reps

NOTE: There is no rest in between the exercises. Take 90sec rest after giant set and 60sec rest after the super set.
For more info. watch "Lats/Mid Back/Biceps" video.

*Designed & Created by Guru Mann, Certified Advanced Fitness Trainer & Nutrition Specialist
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