BODY BEAST - BUILD: Back & Biceps

Date										
Single Set	**Reps**	**Weight**	**Reps**	**Weight**	**Reps**	**Weight**	**Reps**	**Weight**	**Reps**	**Weight**
Deadlift	15		15		15		15		15	
Deadlift	12		12		12		12		12	
Deadlift	8		8		8		8		8	
Deadlift	8		8		8		8		8	
Superset										
Dumbbell Pullover	15		15		15		15		15	
Pull Up	15		15		15		15		15	
Dumbbell Pullover	12		12		12		12		12	
Pull Up	12		12		12		12		12	
Dumbbell Pullover	8		8		8		8		8	
Dumbbell Pullover	8		8		8		8		8	
Pull Up	8		8		8		8		8	
Giant Set										
EZ Bar Row	15		15		15		15		15	
One Arm Row	15		15		15		15		15	
Reverse Fly	15		15		15		15		15	
EZ Bar Row	12		12		12		12		12	
One Arm Row	12		12		12		12		12	
Reverse Fly	12		12		12		12		12	
EZ Bar Row	8		8		8		8		8	
One Arm Row	8		8		8		8		8	
Reverse Fly	8		8		8		8		8	
Single Set										
Close Grip Chin Up	15		15		15		15		15	
Close Grip Chin Up	12		12		12		12		12	
Close Grip Chin Up	8		8		8		8		8	
Single Set										
Seated Bicep Curl	15		15		15		15		15	
Seated Bicep Curl	12		12		12		12		12	
Seated Bicep Curl	8		8		8		8		8	
Seated Bicep Curl	8		8		8		8		8	
Single Set										
1, 1, 2 Hammer Curl	15		15		15		15		15	
1, 1, 2 Hammer Curl	12		15		12		12		12	
1, 1, 2 Hammer Curl	8		8		8		8		8	
Single Set										
Neutral EZ Bar Curl	15		15		15		15		15	
Neutral EZ Bar Curl	12		12		12		12		12	
Neutral EZ Bar Curl	8		8		8		8		8	
Neutral EZ Bar Curl	8		8		8		8		8	
Single Set										
Airplane Cobra	30s		30s		30s		30s		30s	
Airplane Cobra	30s		30s		30s		30s		30s	