

TRAININGPAD

EXERCISE JOURNAL

Back & Biceps

- ALWAYS WARM UP BEFORE WORKOUT (5 minutes minimum)
- ENSURE THAT YOU LEAVE YOURSELF ENOUGH TIME FOR A PROPER COOL DOWN (5 min. minimum)
- STRETCH AFTER EVERY WORKOUT
- IF YOU DON'T MAINTAIN FORM THROUGH THE REPS THEN ADJUST WEIGHT ACCORDINGLY.
- *BW (body weight), BB (bar bell), DB (dumbbell), KB (kettle bell), r (reps), h (hold)*

EXERCISES (3-4 SETS)	SUGGESTED WEIGHT	NOTES
Db bench row x 12		30-40s rest between exercises
Wide band pulldowns x 12		
Db bent over wide row x 12		
Narrow band pulldown x 12		
Standing band curls x 12		
Concentration curls x 12		
Db Pullover on the Floor x 12		
Db Bent-over reverse fly x 12		
Band facepull x 12		