Back
Biceps
Neck

Equipment: Barbell, Pin-Selector Weight Machine.

Time: 1 set: 18 min, 2 sets: 36 min, 3 sets: 48 min

Pull Ups (regular or assisted)
- Grab bar at slightly wider than shoulders grip
- Exhale. Pull up until chin reach bar level
- Hold for one second. Return to starting position
- Stretch

Sets: 1-3 Rep: 15-25

Lat Pull Down
- Place knees under pad. Grab bar at wide grip
- Slightly lean back. Exhale. Pull down until bar reaches chin level
- Stretch

Sets: 1-3 Rep: 10-15

Straight Arm Pull Down
- Stand upright. Feet hip-width apart. Grab bar at shoulder-width apart. Keep arms straight
- Exhale and lower bar down until it touches thighs
- Slowly return to starting position
- Stretch

Sets: 1-3 Rep: 10-15

Mid Rows
- Sit upright. Bent knees slightly. Fully extend arms
- Exhale. Pull back as far as possible
- Slowly return to starting position
- Stretch

Sets: 1-3 Rep: 10-15
Barbell Shrugs
- Keep back straight. Arms extended. Feet hip-width apart
- Exhale. Shrug shoulders up as high as possible
- Hold. Slowly return to starting position
- Stretch

Sets: 1-3 Rep: 10-15

Barbell Bicep Curls
- Hold bar at a shoulder-width grip. Palms facing up
- Lock elbows by side of torso throughout exercise
- Exhale. Curl up
- Hold. Return to starting position
- Stretch

Sets: 1-3 Rep: 10-15

Preacher Bicep Curls (seated or standing)
- Adjust pad height so arms can rest comfortably on top
- Hold bar with hands facing up
- Exhale. Curl up
- Hold. Return to starting position
- Stretch

Sets: 1-3 Rep: 10-15

Barbell Reverse Bicep Curls
- Hold bar at a shoulder-width grip. Palms facing down
- Lock elbows by side of torso throughout exercise
- Exhale. Curl up
- Hold. Return to starting position
- Stretch

Sets: 1-3 Rep: 10-15
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