

# Back Biceps Neck

**Equipment:** Barbell Pin-Selector Weight Machine.

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

**INTERMEDIATE**

**STRETCH**



## 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

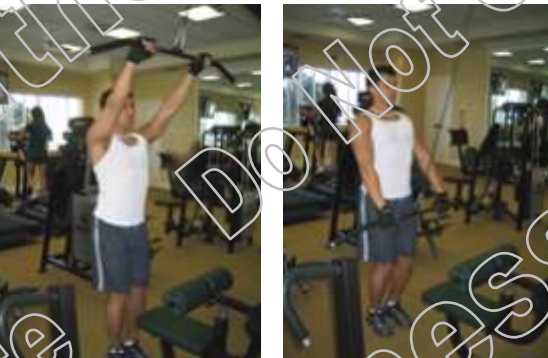
**Sets: 1-3 Rep: 15-25**



## 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**

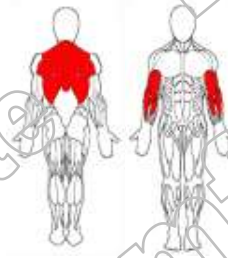


## Mid Rows

- 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**





STRETCH



**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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