

Day 14 - Back & Biceps



Pre-workout Feelings

How did you sleep last night?

How did you eat so far today? POOR / OK / GOOD / GREAT

What is your energy level pre-workout? _____/10

Do you feel tightness/soreness anywhere? _____

RESISTANCE

Exercise	Sets	Reps	Equipment	Intensity	Rest
Assisted Pull-Ups	4	10	Assisted Pull-Up machine		30 sec
T-Bar Row with 5-second holds	4	5	T-Bar Row machine		30 sec
Single-Arm Cable Row	4	10 each side	cable machine		30 sec
Seated Decline Bicep Curls	4	5 reps same arm, then switch & repeat	dumbbells		30 sec
Standing Hammer Curls	4	10 each arm; alternate	dumbbells		30 sec
Standing Barbell Curls	4	10	barbell		30 sec
Decline Hip Thrusters	4	10	decline bench		30 sec
Decline Low Ab Leg Raises	4	10	decline bench		30 sec
Decline Corkscrew Leg Raises	4	10	decline bench		30 sec

CARDIO - choose 1

Exercise	Intensity	Speed	Time
Uphill Treadmill Walking	7.0~10.0 incline	3.6 ~ 4.0mph	20mins
Stairclimber	65steps/min IF 2 at a time	95 steps per min IF 1 at a time	20mins

NOTES
