

Day 18 - 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	3 + 1TDS	10 each set then TDS (10+10+10)	Assisted Pull-ups		60 sec
Low Cable Row	3 + 1TDS	10 each set then TDS (10+10+10)	FreeMotion Lift machine		60 sec
Alternating Cable Bicep Curls	4	10 each side, alternating	FreeMotion Lift machine		60 sec
Preacher Curls	4	10 each side	dumbbells		60 sec
Standing Alternating Bicep Curls	4	10 each arm; alternating	dumbbells		60 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
