

Back/Arms-Week 2

Back/Arms-Week 2



Regular workout

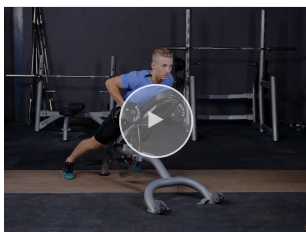
Created by Cerus on 13 Feb 2024, last updated on 13 Feb 2024.

est. 1h 16m

Equipment

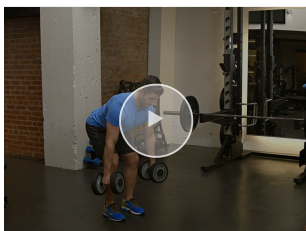
Barbell Dumbbell

	Dumbbell Incline Bench Row	4 sets x 12,12,10,10 (good pause at ...	👉 Rest 90 sec between sets
	Dumbbell Bent Over Row	4 sets x 15,12,10,10	👉 Rest 90 sec between sets
	Dumbbell Single Arm Preach...	4 sets x 12,12,10,10	👉 Rest 90 sec between sets
	Barbell Skullcrusher	4 sets x 15,12,10,10	👉 Rest 90 sec between sets
	Dumbbell Alternating Hamme...	3 sets x 15,12,12 each arm	👉 Rest 90 sec between sets
	Straight Arm Pulldown	4 sets x 12,12,10,10 (slow and contr...	👉 Rest 90 sec between sets
	Dumbbell Tricep Kickback	3 sets x 15,15,12 (slow and controlled)	👉 Rest 90 sec between sets
	StairMaster Results: 4 Ways t...	1 set x Steady state the whole time, ...	👉 Rest 10 min between sets



Dumbbell Incline Bench Row

- 1.Lie face down on an incline bench with the dumbbells hanging at your sides, your arms straight and your palms facing in.
- 2.Curl the weights up to shoulder level.
- 3.Lower down returning to starting position.
- 4.Repeat.



Dumbbell Bent Over Row

- 1) When performing this exercise, maintain a safe back by arching or keeping a neutral spine throughout the exercise.
- 2) The position will similar to that of the deadlift.
- 3) Grab the dumbbell and pull it to your stomach, retracting your shoulder blade and flexing the elbow.
- 4) Lower and Repeat.



Dumbbell Single Arm Preacher Curl

- 1) Kneel on the floor with your chest supported by a preacher bench, one hand holding the dumbbell, palm facing up and arm resting on the pad.



- 2) Curl the dumbbell up toward your shoulder. Pause.
- 3) Lower the dumbbell returning to starting position.
- 4) Complete all reps on one side before switching to the other side.



Barbell Skullcrusher

- 1) Start by pressing up the barbell with your grip less than 12 inches apart.
- 2) Slowly lower the barbell towards your head, pause, and raise the barbell again.



Dumbbell Alternating Hammer Preacher Curl

1. Kneel on the floor with your chest supported by a preacher bench, holding a dumbbell in each hand and arms resting on the pad.
2. Raise one dumbbell up to shoulder level, while leaving the other to starting position.
3. Alternate. Both dumbbells should be moving at the same time but in opposite directions.
4. Repeat.



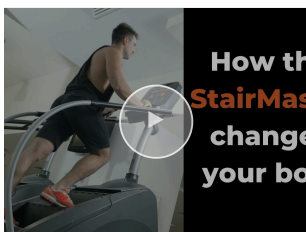
Straight Arm Pulldown

Straight Arm Pulldown



Dumbbell Tricep Kickback

- 1) Place your left knee on a flat bench with your left hand resting at the edge of the bench for balance.
- 2) Start with the dumbbell hanging in your right hand, with your elbow lined up at shoulder height close to the side of your body.
- 3) Press the weight back until your arm is straight and parallel to the ground.
- 4) Pause, and return to the starting position.



StairMaster Results: 4 Ways the Stair Machine Transforms Your Body

StairMaster Results: 4 Ways the Stair Machine Transforms Your Body

Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1		Set 2		Set 3		Set 4	
	reps	lbs	reps	lbs	reps	lbs	reps	lbs
Dumbbell Incline Bench Row	reps	lbs	reps	lbs	reps	lbs	reps	lbs
Dumbbell Bent Over Row	reps	lbs	reps	lbs	reps	lbs	reps	lbs
Dumbbell Single Arm Preacher Curl	reps	lbs	reps	lbs	reps	lbs	reps	lbs
Barbell Skullcrusher	reps	lbs	reps	lbs	reps	lbs	reps	lbs
Dumbbell Alternating Hammer Preacher Curl	reps	lbs	reps	lbs	reps	lbs		
Straight Arm Pulldown	reps	lbs	reps	lbs	reps	lbs	reps	lbs
Dumbbell Tricep Kickback	reps	lbs	reps	lbs	reps	lbs		
StairMaster Results: 4 Ways the Stair Machine Transforms Your Body	reps	lbs						

Previous Stats

