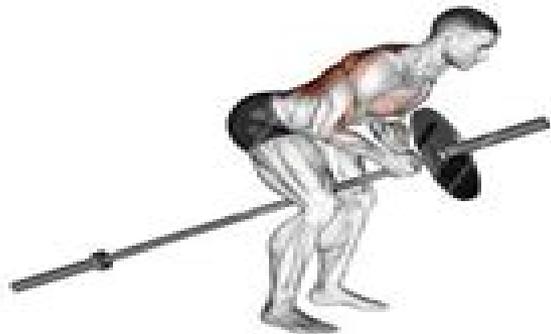


# BACK & BICEP WORKOUT

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**T-BAR ROW**  
8-6-6-4-4



**PULL-UPS**  
8-8-8-8



**STANDING CURLS**  
10-10-10



**CHEST SUPPORTED ROWS**  
10-10-10



**INCLINE CURLS**  
10-10-10



**PULL-DOWN**  
15-15-15



**CABLE CURLS**  
20-20-20

# Back Biceps Training

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