

GOSH, I LOVE ARROWS!

Back, Biceps, and Core



SET #1 - X 3 ROUNDS

Dumbbell Renegade Row – 8-10 reps each arm
Alternating Bicep Curls – 8-10 reps each arm



SET #2 - X 3 ROUNDS

Reverse Fly (Dumbbell or Machine) – 8-10 reps
Scapular Pull-Ups – 8-10 reps



SET #3 - X 3 ROUNDS

Cable or Dumbbell Chop – 10-12 reps each side
Lat Pulldown or (Assisted) Pull-Up – 8-10 reps



SET #4 - X 2 ROUNDS

Reverse Grip Bicep Curl – 8-10 reps
Hanging Knee or Hanging Leg Raise – 12-15 reps

