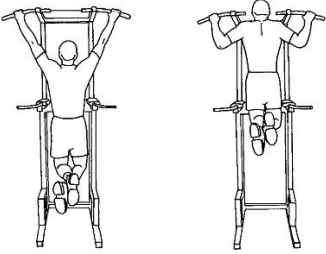
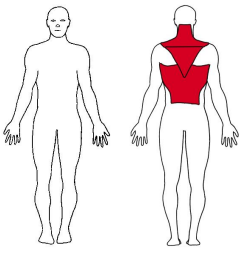
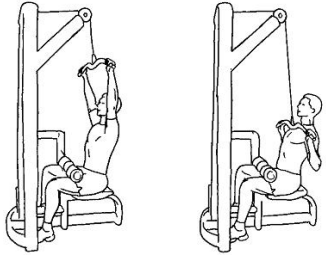
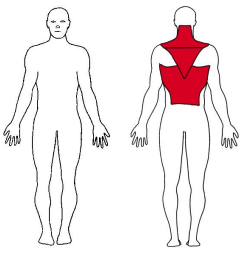
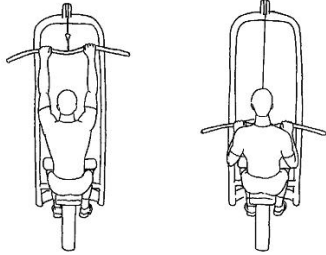
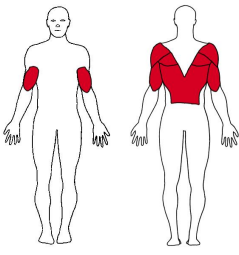
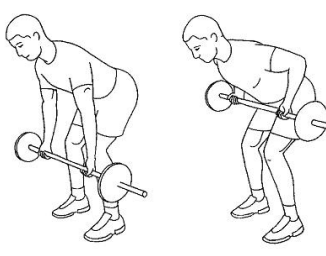
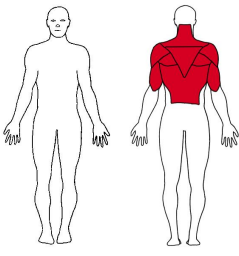
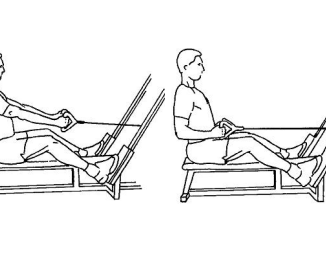
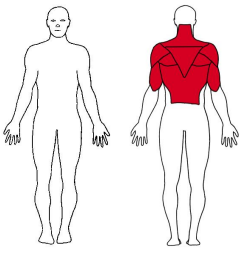
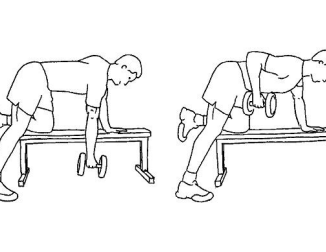
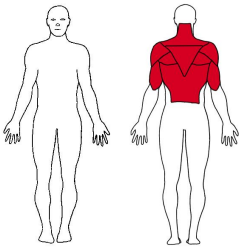
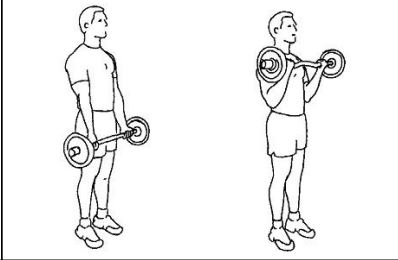
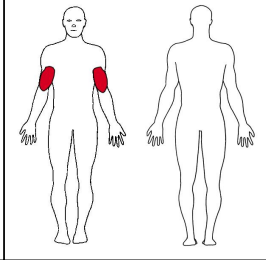
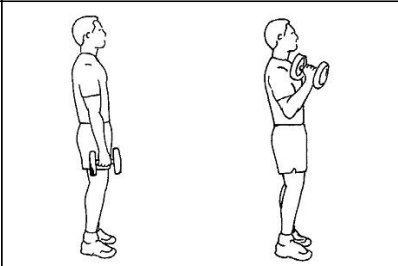
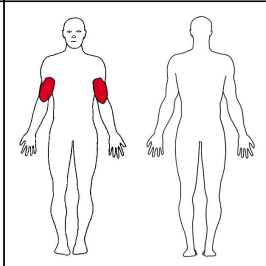
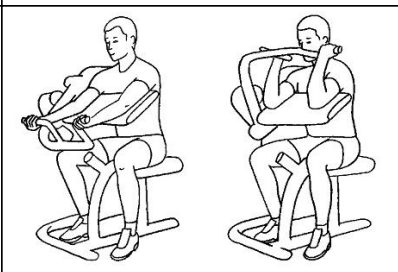
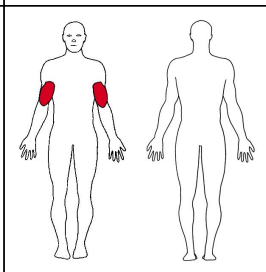


Back & Biceps Workout

Exercise	Illustration	Focus	Exercise data	Comments
1 - Pull up w/wide grip			3 set x 6-8 rep	Hang with a wide grip and pull yourself up until your neck reaches grip level. Slowly lower yourself again. Look forward and downward throughout the movement.
2 - Cable lat pulldown			4 set x 10-12 rep	Grasp at a wide grip, lean slightly backward and look up, inclining your head slightly. Push your chest forward and pull the bar down to your chest. Slowly return to the start position and repeat. Target muscles: m.latissimus dorsi, m.teres major. Assisting muscles: m.trapezius, m.rhomboides, m.biceps brachii, m.deltoides and other muscles.
3 - Lat pulldown w/narrow grip			4 set x 10-12 rep	Choose over or under hand grip. Push chest forward while pulling the bar to your chin. At the end of the movement, keep your arms close to your body and accentuate the final position. Slowly return to the start position and repeat. Primarily exercises: m.latissimus dorsi, m.teres major. Assisting muscles: m.trapezius, m.rhomboides, m.biceps brachii, m.deltoides and other muscles.
4 - Standing row			4 set x 10-12 rep	Grip the bar with a underhand grip with a shoulder width space. Stand slightly forwardleaned with slightly bend knees and straight back. Start the practise with pulling your shoulders back, bend you elbows and move you arms upp along the body. Lift the bar against the stomach and move the shoulderblade together at the endposition. Drop slowly back to startposition and repeat. Practise primary: m.latissimus dorsi, m.teres major, m.trapezius, m.rhomboides. Assistent muscles: m.biceps brachii, m.deltoides and others.
5 - Seated rowing			3 set x 10-12 rep	Sit with your back straight, knees slightly bent and shoulders pulled forward. Pull handle toward your abdomen while pushing your chest forward and pulling your shoulders backward.
6 - Knee and hand supported rowing			3 set x 10-12 rep	Stand with your weight distributed on one leg and one arm. Hold the dumbbell in your free hand, letting your arm hang down. Pull up your shoulder and arm along your side until the dumbbell reaches your abdomen. Lower again. Target muscles: m.latissimus dorsi, m.teres major, m.trapezius, m.rhomboides. Assisting muscles: m.biceps brachii, m.deltoides and other muscles.

Back & Biceps Workout

Exercise	Illustration	Focus	Exercise data	Comments
7 - Standing biceps curl			3 set x 10-12 rep	Choose over or under hand grip. Stand with the bar hanging in front of you, bend your elbows and lift the bar all the way up before slowly lowering it again. Target muscles: m.biceps brachii. Assisting muscles: m.brachialis, m.brachioradialis m.fl.
8 - Standing biceps curl w/neutral grip			3 set x 10-12 rep	Stand with the dumbbells hanging down by sides, palms facing inward toward your thighs. Bend your elbows and lift the dumbbells all the way up without rotating your arms. Slowly lower to the start position and repeat.
9 - Biceps Curl			3 set x 10-12 rep	Put your arms on the pad, grab the handles and bend your arms maximally before slowly lowering them back down. Avoid an exaggerated elbow stretch.

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