

Fitmart's Back and Biceps Workout

Core *(2 times)*

	<u>Reps</u>
Situps	15
Side V-Ups <i>(each side)</i>	15
Back Raises <i>(on ball)</i>	15

Round 1 *(2 times)*

- Wide Pull Ups
- Curls
- Good Mornings
- Pull Ups
- Wide Curls
- Dead Lift

<u>Weight</u>	<u>Reps</u>	<u>Weight</u>	<u>Reps</u>

(1 min rest)

Round 2 *(2 times)*

- Chin Ups
- Hammer Curls
- Back Flies
- Lawn Mower
- Incline Curls
- Bent Over Rows *(palms up)*
