

# BACK AND BICEPS

## DISCLAIMER

Simon Witney Strength and Tone takes no responsibility for injury or death incurred during, or after performing this workout.

Upon starting the workout, you will have seen a GP to confirm that you are physically healthy to partake in exercise, and any injuries you accrue from the exercise is not the result of the content of this workout.

## UPPER LATS

### Barbell Pullover

Lay down on a bench with the nape of your neck against the edge of the bench. Hold the barbell above you with your hands close together. Slowly extend your arms behind you and bend your elbows to lower the bar down to the floor, but try not to touch the floor.

Slowly extend your arms back up and keep your elbows back. Drive your elbows in toward your hips and arch your back to contract your lats.

Sets: 4

Reps: 15

[Workout Video](#)

## UPPER/LOWER LAT

### Single Arm Dumbbell Rows

Hold one dumbbell in one hand, place the opposite hand on a bench and extend the leg of the opposite side of the body. Bend the knee of the front leg and lower the dumbbell down to your front foot. Pull with your shoulder blade and follow through with your elbow. Bring your elbow into your hip.

Sets: 4  
Reps: 8-12

[Workout Video](#)

[Workout Video](#)

## **J-Pulldowns**

You will want to stay light with this exercise. Hold the rope or bar and get yourself into a hip hinge while arching your back. Pull the rope with straight arms and squeeze at the bottom of the movement.

Slowly allow your arms to raise back up to stretch the lats.

Sets: 4  
Reps: 8-12

[Workout Video](#)

# **CLOSE GRIP LAT PULLDOWNS**

Sit down and lock your legs into the machine whilst holding the handle. Pull your shoulder blades down and then pull with the elbows. This will engage the lats. Slowly raise your arms back up and relax your shoulder blades.

Sets: 4  
Reps: 8-12

[Workout Video](#)

# **BICEPS**

## **SEATED INCLINE CURLS**

Sit down on a bench at a 45 degree incline. Hold a dumbbell in each hand and hang your arms by your sides. Raise your forearms up to your shoulders and slowly lower them back down.

Try to keep the elbows bent to keep tension on the biceps.

Sets: 4  
Reps: 15

[Workout Video](#)

# **STANDING CONCENTRATION CURLS**

Holding one dumbbell in each hand, palms facing each other, and a slight hinge in the hips, alternatively curl each dumbbell to contract the biceps.

**Sets: 4**

**Reps: 15 each hand**

[Workout Video](#)