

SUPERSET BACK

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DEADLIFTS

PULL UPS

superset

3 SETS, 6-8 REPS



UNTIL FAILURE

BARBELL ROW



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3 SETS, 8 REPS



3 SETS, 12-15 REPS

STIFF ARM PULLDOWN

SEATED CABLE ROW



LAT PULLDOWNS



DUMBBELL ROWS



V-BAR PULLDOWNS



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3 SETS, 8 REPS



3 SETS, 8 REPS

3 SETS, 10 REPS

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3 SETS, 10 REPS

Bodybuilding Superset Workouts Guide

Silas Donovan,Al

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