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T-BAR ROW
8-6-6-4-4



PULL-UPS
8-8-8-8



STANDING CURLS
10-10-10



CHEST SUPPORTED ROWS
10-10-10



INCLINE CURLS
10-10-10



PULL-DOWN
15-15-15



CABLE CURLS
20-20-20

Back Biceps Training

Judd E. Hollander



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