



Back and Bicep Workout

Step 1: Rock my 143 Exercise Program



You'll need to plug these exercises into your 143 Weight Training Program

Step 2: Rock These Exercises

W's Lifts - Isolation

Pull Your Pants Up - Compound

Overhead Press - Compound

21's - Isolation

Hammer Curls - Isolation

Bent Over Elbow Row - Compound

Superman - Isolation

more on **2**