Total Body Bar

Targeted Resistance Training

Rest Periods Between Sets are 30 to 60 Seconds

Back & Biceps	Sets / Reps
Rear Delts	3 x 15
Bent Over Rows	3 x 15
Lat Pulldowns	3 x 15
Shoulder Shrugs	3 x 15
Bicep Curls	6 x 15