

Martino Fit

SAMPLE WORKOUT: BACK & BICEPS

Warm-up:

500 meters on row machine.

Activator

20 Bird Dogs (each side)

Workout:

3 sets of 12 Deadlifts

3 Supersets

12 Straight Arm Cable Pull-down

15 Cable Bicep curl using bar

3 Triplesets

Chin-ups till failure

15 Kettlebell swings

10 Squat to toss medicine ball

3 Supersets

10 Rear delt flye

12 Hammer curls (each side)

Burnout

3 drop sets: Lat Pull downs