

Back & Biceps Virtual Training Guide

Adult Learning · Procedural Instruction · Performance Coaching

Purpose

This public edition demonstrates client-centered procedural instruction, coaching cues, safety, progression, and self-assessment. It is presented as evidence of instructional-design capability and is not a substitute for individualized medical or fitness guidance.

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Back and Biceps Workout

Client Program | 9 movements | 65-85 minutes | Intermediate

Prepared for Michael D. McKinney

Your Training Plan

This is your working back and biceps session: a practical, repeatable plan for an experienced, active client. It combines clear setup instructions, movement checks, load guidance, and a four-week progression. Expected session time is 65-85 minutes, including warm-up and cool-down.

Client	Training level	Primary goal	Effort target
Michael D. McKinney	Experienced	Maintain strength, muscle, mobility, and joint-friendly control	Finish most sets with 2-3 clean reps in reserve

Safety and Readiness

- Train only through a comfortable range. Muscular effort is expected; sharp pain, pinching, numbness, dizziness, chest pain, or unusual shortness of breath is a stop signal.
- Use a light rehearsal set before the first working set of each new movement or whenever equipment changes.
- Keep the phone or guide positioned where it can be viewed without creating a trip hazard.
- If pain persists after reducing the load or range, substitute the listed option and consult an appropriate healthcare professional when needed.

How to Use Every Exercise

1. Observe the demonstration image and identify the focus cue.
2. Rehearse the setup and 1-3 repetitions with little or no load.
3. Perform the working sets while preserving 2-3 repetitions in reserve.
4. Check setup, path, control, and comfort before the next set.
5. Record load, repetitions, and one useful adjustment.

Warm Up

Movement	Dose	Focus
Easy rower or treadmill	3 minutes	Raise temperature; conversational pace
Cat-camel	6 slow reps	Move gently through comfortable range

Band straight-arm pulldown	2 x 10	Feel lats; keep ribs controlled
Light cable or band row	2 x 10	Pause with shoulder blades together

Session Overview

Complete movements 1-8 as the primary session. Movement 9 is an optional isolation finisher; omit it when time, elbow comfort, or recovery calls for less volume.

Order	Exercise	Sets and reps	Primary role
1	Assisted Pull Up	3 x 6-10	Latissimus dorsi, upper back, biceps
2	Barbell Bent Over Row	3 x 8-10	Mid-back, lats, rear delts, spinal stabilizers
3	Wide Grip Lat Pulldown	3 x 10-12	Lats and upper back
4	Seated Cable Row	3 x 10-12	Mid-back, rhomboids, lats, biceps
5	Supported One Arm Dumbbell Row	3 x 8-12 each	Lats, mid-back, rear delts
6	EZ Bar Curl	3 x 8-12	Biceps brachii and brachialis
7	EZ Bar Slow Eccentric Curl	2 x 6-8	Biceps with increased time under tension
8	Incline Dumbbell Curl	2-3 x 10-12	Biceps long-head emphasis
9	Concentration Curl	2 x 10-12 each	Biceps isolation

01 Assisted Pull Up



Primary focus

Latissimus dorsi, upper back, biceps

Prescription

3 x 6-10 | Rest 75 sec

Set Up

- Select enough assistance for smooth repetitions.
- Step onto the platform and place one knee securely on the pad.
- Take a shoulder-width overhand grip and brace.

Perform

6. Begin with long arms and shoulders gently set.
7. Drive elbows down until the chest approaches the handles.
8. Pause, then lower under control to full reach.

Use these cues: Chest tall; elbows to ribs; no swinging.

Watch for: Kicking; shrugging; dropping into the bottom.

Adjust when needed: Use more assistance; progress with less assistance or slower lowering.

Before the next set: Trunk and elbow path stay stable through the final rep.

02 Barbell Bent Over Row



Primary focus

Mid-back, lats, rear delts, spinal stabilizers

Prescription

3 x 8-10 | Rest 75 sec

Set Up

- Stand hip-width with the bar over mid-foot.
- Hinge at the hips with soft knees.
- Brace the abdomen and keep the spine long.

Perform

9. Begin with arms straight and the bar below the knees.
10. Drive elbows back and row to the lower ribs.
11. Pause without jerking, then lower to straight arms.

Use these cues: Hips back; brace hard; row to lower ribs.

Watch for: Rounded back; standing up each rep; bouncing the bar.

Adjust when needed: Reduce load or substitute a supported dumbbell row.

Before the next set: Hinge angle is consistent and momentum does not start the pull.

03 Wide Grip Lat Pulldown



Primary focus

Lats and upper back

Prescription

3 x 10-12 | Rest 60 sec

Set Up

- Adjust the thigh pad so the legs stay anchored.
- Take a comfortable wide overhand grip.
- Sit tall with a small backward lean and controlled ribs.

Perform

12. Set the shoulders down.
13. Pull toward the upper chest with elbows moving down.
14. Return slowly until arms are long.

Use these cues: Shoulders down; elbows to floor; control the return.

Watch for: Behind-neck pull; excessive lean; momentum.

Adjust when needed: Use a neutral-grip attachment if a wide grip bothers the shoulders.

Before the next set: Torso angle stays steady and the stack does not slam.

04 Seated Cable Row



Primary focus

Mid-back, rhomboids, lats, biceps

Prescription

3 x 10-12 | Rest 60 sec

Set Up

- Place feet firmly with knees softly bent.
- Sit tall with straight wrists on the handle.
- Brace before the stack leaves rest.

Perform

15. Pull toward lower ribs or upper abdomen.
16. Finish with elbows close and shoulder blades together.
17. Extend slowly without collapsing the torso.

Use these cues: Tall torso; lead with elbows; squeeze then reach.

Watch for: Rocking backward; shrugging; stack slamming.

Adjust when needed: Lower the load and shorten range if the low back moves.

Before the next set: Torso stays tall and the return remains controlled.

05 Supported One Arm Dumbbell Row



Primary focus

Lats, mid-back, rear delts

Prescription

3 x 8-12 each | Rest 45 sec between sides

Set Up

- Place one hand on a bench and stagger the feet.
- Square hips and shoulders toward the floor.
- Let the working arm hang with a neutral grip.

Perform

18. Brace and pull the elbow toward the back pocket.
19. Pause near the ribs without rotating.
20. Lower slowly to a long arm, then switch sides.

Use these cues: Back flat; elbow to hip; torso quiet.

Watch for: Twisting; shrugging; pulling toward shoulder.

Adjust when needed: Place both hand and knee on the bench for more stability.

Before the next set: Hips stay square and both sides use the same range.

06 EZ Bar Curl



Primary focus

Biceps brachii and brachialis

Prescription

3 x 8-12 | Rest 60 sec

Set Up

- Stand tall with feet hip-width.
- Choose angled grips that keep wrists comfortable.
- Keep elbows near the ribs and shoulders relaxed.

Perform

21. Curl without moving the upper arms forward.
22. Stop before elbows drift or shoulders roll.
23. Lower to nearly straight arms under control.

Use these cues: Elbows pinned; wrists neutral; no hip drive.

Watch for: Leaning back; swinging; bent wrists.

Adjust when needed: Use a lighter bar or dumbbells if the grip irritates wrists.

Before the next set: Elbows stay close and no trunk swing appears.

07 EZ Bar Slow Eccentric Curl



Primary focus

Biceps with increased time under tension

Prescription

2 x 6-8 | Rest 75 sec

Set Up

- Use less load than the standard curl.
- Establish tall posture and close elbows.
- Curl to the top under control.

Perform

24. Pause for one count at the top.
25. Lower for a full three-count.
26. Reach near-full extension, reset, and repeat.

Use these cues: One up; three down; own every inch.

Watch for: Gravity taking over; rushed final third; posture change.

Adjust when needed: Begin with a two-second lowering phase and progress to three.

Before the next set: Every lowering phase lasts three counts.

08 Incline Dumbbell Curl



Primary focus

Biceps long-head emphasis

Prescription

2-3 x 10-12 | Rest 60 sec

Set Up

- Set a moderate bench incline and sit supported.
- Let arms hang with palms forward.
- Keep head, upper back, and hips on the bench.

Perform

27. Curl without moving elbows forward.
28. Squeeze near the top with quiet shoulders.
29. Lower slowly to long arms without forcing range.

Use these cues: Arms hang long; no elbow drift; slow return.

Watch for: Lifted elbows; arched back; forced stretch.

Adjust when needed: Raise the bench angle or use a neutral grip.

Before the next set: Back stays supported and range remains pain-free.

09 Concentration Curl



Primary focus
Biceps isolation

Prescription
2 x 10-12 each | Rest 30-45 sec between sides

Set Up

- Sit with feet wide and hinge forward.
- Brace the upper arm inside the thigh.
- Begin with the dumbbell below the shoulder.

Perform

- 30. Curl without lifting the elbow.
- 31. Pause and squeeze at the top.
- 32. Lower slowly before changing sides.

Use these cues: Upper arm planted; squeeze; lower slowly.

Watch for: Torso twist; bouncing off thigh; dropping weight.

Adjust when needed: Use a lighter dumbbell and support the free hand.

Before the next set: Upper arm stays planted and both sides use the same tempo.

Progression Plan

Week	Training decision
1	Establish comfortable settings and loads. Stop every set with 3 reps in reserve.
2	Keep the same load and add 1 rep per set where technique remains clean.
3	When every set reaches the top of the range with 2-3 reps in reserve, add the smallest practical load increase.
4	Consolidate: keep the new load, or reduce volume by one set if joints or recovery feel below normal.

Progress only when setup is repeatable, the movement path stays controlled, and the final repetition resembles the first. Do not increase load and range at the same time.

Cool Down

Activity	Time
Easy walk or pedal with slow breathing	2 minutes
Gentle lat stretch	20-30 seconds each side
Open and close hands	10 repetitions
Gentle wrist extension stretch	20 seconds each side
Slow diaphragmatic breaths	4 breaths

Post Session Check

- Which movement felt strongest and most controlled?
- Which cue improved technique most?
- Where did control change first: setup, path, tempo, or effort?
- What load, machine setting, or range should be repeated?
- What one adjustment will you apply next session?

Training Log

Date	Exercise	Load or setting	Reps by set	RIR	Next adjustment

Technique Check

Area	Ready to progress	Hold or adjust
Setup	All alignment points established without correction.	Setup requires repeated correction.
Movement path	Same intended path across the set.	Range drifts or compensation appears.
Control	Smooth tempo and controlled direction changes.	Swinging, bouncing, or rushed lowering.
Effort judgment	2-3 reps remain and stop signals are respected.	Load forces breakdown or warning signs are ignored.