



RAW Strength Series Back & Biceps Worksheet

Date:

Exercise	Round 1 Wts/Reps	Round 2 Wts/Reps	Round 3 Wts/Reps	Round 4 Wts/Reps	Round 5 Wts/Reps	Notes
Single Arm Rows Right: Left:						
Seated Split Stance Reverse Fly Right: Left:						
Frog Legs on Bench						
Alternating Pledges						
Preacher Curls Right: Left:						

Additional Notes: