

**ARMS/ABS – ALL DUMBBELLS & DIRTY NASTY SET**

**WARM UP SET:**

STANDING DUMBBELL CURL – 1 set of 20 reps

DUMBBELL SKULL CRUSHER – 1 set of 20 reps

**1.) SEATED DUMBBELL CONCENTRATION CURL**

4 sets of 10, 10, 8, 8 reps with each arm

REST BETWEEN SETS: 60 SECONDS

**2.) INCLINE DUMBBELL CURL**

DIRTY NASTY SET – 4 sets of 12 reps (10 sec. rest), 8 reps (10 sec. rest), 5 reps. This completes 1 set.

REST BETWEEN SETS: 2 MINUTES

**3.) STANDING DUMBBELL HAMMER CURL (BOTH ARMS)**

4 sets of 8 reps. SUPER SET WITH...

**STANDING DUMBBELL HAMMER CURL (ALTERNATE ARMS)**

4 set of 8 reps with each arm

REST BETWEEN SETS: 90 MINUTES

**4.) DUMBBELL SKULL CRUSHER (BOTH ARMS)**

4 sets of 8 reps. SUPER SET WITH...

**DUMBBELL SKULL CRUSHER (ALTERNATE ARMS)**

4 sets of 8 reps with each arm.

REST BETWEEN SETS: 90 SECONDS

**5.) CLOSE-GRIP DUMBBELL BENCH PRESS**

DIRTY NASTY SET – 4 sets of 12 reps (10 sec. rest), 8 reps (10 sec. rest), 5 reps. This completes 1 set.

REST BETWEEN SETS: 2 MINUTES

**6.) OVERHEAD DUMBBELL EXTENSION**

4 sets of 10, 10, 8, 8 reps.

REST BETWEEN SETS: 90 SECONDS

**7.) PLANK TO HIGH KNEE**

4 sets of 15 reps with each leg

REST BETWEEN SETS: 60 SECONDS

**8.) PLANK TO BALANCE**

4 sets of 6 reps with each arm

REST BETWEEN SETS: 60 SECONDS