



BACK/BICEPS/ABS – ALL DUMBBELLS & DIRTY NASTY SET

WARM UP SET:

BENT OVER DUMBBELL ROW – 1 set of 20 reps

1.) BENT OVER DUMBBELL ROW

4 sets of 10, 10, 8, 8 reps

REST BETWEEN SETS: 90 SECONDS

2.) 1-ARM DUMBBELL ROW

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

REST BETWEEN SETS: 90 SECONDS

3.) 1-ARM DUMBBELL ROW ON INCLINE BENCH (PALMS-DOWN)

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

REST BETWEEN SETS: 90 SECONDS

4.) DUMBBELL ROW ON INCLINE BENCH

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

5.) DUMBBELL SPIDER CURL COMBO

4 sets total.

First do **HAMMER SPIDER CURL** for 8 reps. Followed by **ALTERNATING SPIDER CURL** for 8 reps with each arm. This completes 1 set.

REST BETWEEN SETS: 90 SECONDS

6.) STANDING DUMBBELL CURL (2 SEC. HOLDS)

4 sets of 8 reps

REST BETWEEN SETS: 60 SECONDS

7.) PLANK TO ROTATION

3 sets of 10 reps with each side

REST BETWEEN SETS: 60 SECONDS

8.) PRONE COBRA

3 sets of 15 reps

REST BETWEEN SETS: 60 SECONDS