

**ARMS/ABS – FREE WEIGHTS: SUPER BERSERK SET**

**1.) SEATED BARBELL CURL**

4 sets of 8 reps  
SUPER SET WITH...

**STANDING DUMBBELL CURL**

Berserk Set: 4 sets of 8 reps with both arms (Center Focus), then 5 reps with each arm.  
REST BETWEEN SETS: 2 MINUTES

**2.) STANDING EZ-BAR CURL AGAINST BENCH (CLOSE-GRIP)**

4 sets of 8 reps  
SUPER SET WITH...

**INCLINE DUMBBELL CURL**

Berserk Set: 4 sets of 8 reps with both arms, then 5 reps with each arm.  
REST BETWEEN SETS: 2 MINUTES

**3.) FLOOR EZ-BAR SKULL CRUSHER (CLOSE-GRIP)**

4 sets of 8 reps  
SUPER SET WITH...

**FLOOR DUMBBELL SKULL CRUSHER**

Berserk Set: 4 sets of 8 reps with both arms, then 5 reps with each arm.  
REST BETWEEN SETS: 2 MINUTES

**4.) INCLINE EZ-BAR SKULL CRUSHER (CLOSE-GRIP)**

4 sets of 8 reps  
SUPER SET WITH...

**INCLINE DUMBBELL KICKBACK**

Berserk Set: 4 sets of 8 reps with both arms, then 5 reps with each arm  
REST BETWEEN SETS: 2 MINUTES

**5.) VERTICAL LEG RAISE**

4 set of 10 reps

SUPER SET WITH...

**STABILIZED HIGH KNEES**

4 sets of 10 reps with each leg

REST BETWEEN SETS: 60 SECONDS