



ARMS/ABS – (FREE WEIGHTS) GIANT SETS, HSR SETS

WARM UP = Push-Ups and Dumbbell Curls: 2 sets of 15 reps of each (super set)

1.) STANDING BARBELL CURL

Giant Set = 8 sets of 8 reps

REST BETWEEN SETS: 60 SECONDS

2.) DUMBBELL SPIDER CURL (45 DEGREE BENCH)

HSR Set - 3 sets

HSR Set = 5 reps with right arm then 5 reps with left arm, 4 reps with right arm then 4 reps with left arm, 3 reps with right arm then 3 reps with left arm, 2 reps with right arm then 2 reps with left arm, 1 rep with right arm then 1 rep with left arm.

REST BETWEEN SETS: 90 SECONDS

3.) HAMMER DUMBBELL PREACHER CURL

HSR Set - 3 sets

HSR Set = 5 reps with right arm then 5 reps with left arm, 4 reps with right arm then 4 reps with left arm, 3 reps with right arm then 3 reps with left arm, 2 reps with right arm then 2 reps with left arm, 1 rep with right arm then 1 rep with left arm.

REST BETWEEN SETS: 90 SECONDS

4.) CLOSE-GRIP BENCH PRESS

Giant Set = 8 sets of 8 reps

REST BETWEEN SETS: 60 SECONDS

5.) BENT-OVER EZ-BAR KICKBACK

Giant Set = 8 sets of 8 reps

REST BETWEEN SETS: 60 SECONDS

6.) STANDING-INCLINE DUMBBELL SKULL CRUSHER

HSR Set - 3 sets

HSR Set = 5 reps with right arm then 5 reps with left arm, 4 reps with right arm then 4 reps with left arm, 3 reps with right arm then 3 reps with left arm, 2 reps with right arm then 2 reps with left arm, 1 rep with right arm then 1 rep with left arm.

REST BETWEEN SETS: 90 SECONDS

7.) LANDMINE CHOP

4 sets of 8 reps with each side

REST BETWEEN SETS: 60 SECONDS