



ARMS/ABS – (FREE WEIGHTS) SPIT FIRE SETS

WARM UP = Push-Up super set with Barbell curl – 2 sets of 15 reps

1.) SEATED ALTERNATE DUMBBELL CURL

SPIT FIRE SET: 4 sets of 4 reps (rest 15 seconds), 4 reps (rest 15 seconds), 4 reps with each arm.

REST BETWEEN SETS: 2 MINUTES

2.) SEATED ALTERNATE DUMBBELL-HAMMER CURL

SPIT FIRE SET: 4 sets of 4 reps (rest 15 seconds), 4 reps (rest 15 seconds), 4 reps with each arm.

REST BETWEEN SETS: 2 MINUTES

3.) EZ-BAR PREACHER CURL (CLOSE-GRIP)

4 sets of 8-10 reps

REST BETWEEN SETS: 90 SECONDS

4.) CLOSE-GRIP BARBELL BENCH PRESS

SPIT FIRE SET: 4 sets of 4 reps (rest 15 seconds), 4 reps (rest 15 seconds), 4 reps.

REST BETWEEN SETS: 2 MINUTES

5.) INCLINE CLOSE-GRIP DUMBBELL BENCH PRESS

SPIT FIRE SET: 4 sets of 4 reps (rest 15 seconds), 4 reps (rest 15 seconds), 4 reps.

REST BETWEEN SETS: 2 MINUTES

6.) PLANK EXTENSION

4 sets of 8-10 reps

REST BETWEEN SETS: 90 SECONDS

7.) TOE TOUCH CRUNCH

4 sets of 10 reps with each side

REST BETWEEN SETS: 60 SECONDS