



## **ARMS, CORE – DROP SETS (FREE WEIGHTS)**

**WARM UP = Dumbbell Curl Superset to Bench Push-Up – 2 sets of 15 reps**

### **1.) STANDING EZ-BAR CURL**

4 sets of 10-12 reps.

Drop set the last set = do your last set then drop the weight by about 30% and do 5 more reps.

REST BETWEEN SETS: 90 SECONDS

### **2.) STANDING DUMBBELL CURL COMBO**

4 sets of 10-12 reps with each arm (Half of reps done Hammer Style, other half of reps done Palms Forward).

Drop set the last set = do your last set then drop the weight by about 30% and do 5 more reps.

REST BETWEEN SETS: 90 SECONDS

### **3.) STATIC DUMBBELL SPIDER CURL (45 DEGREE BENCH)**

4 sets of 6-8 reps with each arm.

REST BETWEEN SETS: 90 SECONDS

### **4.) CLOSE-GRIP BENCH PRESS**

4 sets of 10-12 reps.

Drop set the last set = do your last set then drop the weight by about 30% and do 5 more reps.

REST BETWEEN SETS: 90 SECONDS

### **5.) INCLINE DUMBBELL SKULL CRUSHER (30 DEGREE BENCH)**

4 sets of 10-12 reps.

Drop set the last set = do your last set then drop the weight by about 30% and do 5 more reps.

REST BETWEEN SETS: 90 SECONDS

**6.) DUMBBELL PUSH-UP**

4 sets of 10-12 reps.

REST BETWEEN SETS: 90 SECONDS

**7.) LANDMINE CHOP**

4 sets of 12 reps

REST BETWEEN SETS: 60 SECONDS