



## **ARMS, CORE – BARBELL PYRAMID, DUMBBELL ALTERNATE**

**WARM UP = Dumbbell Curl Superset with Push- UP – 2 sets of 15 reps each**

### **1.) PYRAMID SET = STANDING EZ-BAR CURL**

5 sets = 15, 10, 8, 10, 15 reps  
Rest Between Sets: 90 Sec.

### **2.) INCLINE DUMBBELL CURL - ALTERNATE**

3 sets = 8-10 reps with each side  
Rest Between Sets: 60 Sec.

### **3.) PYRAMID SET = SEATED BARBELL CURL**

5 sets = 15, 10, 8, 10, 15 reps  
Rest Between Sets: 90 Sec.

### **4.) BARBELL WRIST FLEXION**

3 sets = 30 reps  
Rest Between Sets: 60 Sec.

### **5.) PYRAMID SET = EZ-BAR SKULL CRUSHER**

5 sets = 15, 10, 8, 10, 15 reps  
Rest Between Sets: 90 Sec.

### **6.) PRONE DUMBBELL KICKBACK – ALTERNATE**

4 sets = 8-10 reps with each side  
Rest Between Sets: 60 Sec.

### **7.) PAUSED DUMBBELL PUSH-UP**

4 sets = 8-10 reps  
Rest Between Sets: 60 Sec.

### **8.) SHIFTING BARBELL PLANK**

4 sets = 5 reps with each side  
SUPER SET WITH...

### **BARBELL PLANK TO HIGH KNEE**

4 sets = 10 reps with each side  
Rest Between Sets: 60 Sec.