



## **ARMS, CORE – STRONG MAN SETS, STAMINA SETS**

**WARM UP = Standing DB Curl Super Set with Push-Up – 2 sets of 15 reps**

### **1.) STRONG MAN SET = BARBELL DRAG CURL**

5 sets = 6-8 reps

Rest Between Sets: 90 Sec.

### **2.) STRONG MAN SET = ALTERNATE INCLINE DB CURL**

5 sets = 6-8 reps with each side

Rest Between Sets: 90 Sec.

### **3.) STAMINA SET = STANDING DB-HAMMER CURL**

4 sets = 10-12 reps

SUPER SET WITH...

#### **INCLINE DB SPIDER CURL**

4 sets = 10-12 reps

Rest Between Sets: No Rest

### **4.) STRONG MAN SET = INCLINE DB SKULL CRUSHER WITH ROTATION**

5 sets = 6-8 reps

Rest Between Sets: 90 Sec.

### **5.) STRONG MAN SET = INCLINE BARBELL SKULL CRUSHER (30 DEGREES)**

5 sets = 6-8 reps

Rest Between Sets: 90 Sec.

### **6.) STAMINA SET = BENT-OVER DB KICKBACK**

4 sets = 10-12 reps

SUPER SET WITH...

#### **INCLINE BENCH EXTENSION**

4 sets = 10-12 reps

Rest Between Sets: No Rest

**7.) LANDMINE CHOP**

4 sets = 8 reps with each side

Rest Between Sets: 60 Sec.