



ARMS, CORE – (FW) PREDATOR SETS, ISOMETRIC SETS

WARM-UP: 2 sets of 20 reps of the 1st exercise for biceps and triceps.

1.) PREDATOR SET = STANDING DB ROTATION CURL

4 sets = 5-6 slow reps, 5-6 fast reps

Rest Between Sets: 90 Sec.

2.) PREDATOR SET = STANDING CLOSE-GRIP EZ-BAR CURL

4 sets = 5-6 slow reps, 5-6 fast reps

Rest Between Sets: 90 Sec.

3.) PREDATOR SET = INCLINE (45) CLOSE-GRIP EZ-BAR SPIDER CURL

4 sets = 5-6 slow reps, 5-6 fast reps

Rest Between Sets: 90 Sec.

4.) STANING EZ-BAR REVERSE CURL

3 sets = 10-12 reps

Rest Between Sets: 60 Sec.

5.) ISOMETRIC SET = STANDING DB CURL

1 set = 30 Sec. hold

6.) PREDATOR SET = FLAT CLOSE-GRIP DB BENCH PRESS

4 sets = 5-6 slow reps, 5-6 fast reps

Rest Between Sets: 90 Sec.

7.) PREDATOR SET = INCLINE (30) CLOSE-GRIP EZ-BAR SKULL CRUSHER

4 set = 5-6 slow reps, 5-6 fast reps

Rest Between Sets: 90 Sec.

8.) SEATED DB SINGLE-ARM OVERHEAD EXTENSION

4 sets = 10-12 reps with each side

Rest Between Sets: 90 Sec.

9.) ISOMETRIC SET = BENT-OVER DB KICKBACK

1 set = 30 Sec. hold

10.) BARBELL AB ROLLOUT

4 sets = 10-12 reps

Rest Between Sets: 60 Sec.