



ARMS, CORE – (DB) DESTRUCTION SETS

WARM-UP: 2 sets of 15 reps of the 1st bicep and tricep exercise

1.) DESTRUCTION SET = SEATED DUMBBELL PARTIAL CURL

4 sets = 5 reps with right then left, 5 reps alternating, 5 reps with both
Rest Between Sets: 90 sec.

2.) INCLINE DUMBBELL-HAMMER CURL

4 sets = 10-12 reps
Rest Between Sets: 90 sec.

3.) DESTRUCTION SET = INCLINE DUMBBELL SPIDER CURL

4 sets = 5 reps with right then left, 5 reps alternating, 5 reps with both
Rest Between Sets: 90 sec.

4.) DESTRUCTION SET = FLAT DUMBBELL SKULL CRUSHER

4 sets = 5 reps with right then left, 5 reps alternating, 5 reps with both.
Rest Between Sets: 90 sec.

5.) INCLINE DUMBBELL SKULL CRUSHER WITH ROTATION

4 set = 10-12 reps
Rest Between Sets: 90 sec.

6.) DESTRUCTION SET = LYING DUMBBELL KICK BACK

4 sets = 5 reps with right then left, 5 reps alternating, 5 reps with both
Rest Between Sets: 90 sec.

7.) PLANK TO BALANCE

4 sets = 10 reps with each side
FOLLOWED BY...

HIGH-PLANK TO HIGH KNEE SHIFT

4 sets = 6 reps with each side

Rest Between Sets: 60 sec.