



## **ARMS, CORE – (FW) COMPOUND BERSERK SETS**

**WARM-UP: 2 sets of 15 reps of the 1<sup>st</sup> bicep and tricep exercise**

### **1.) COMPOUND SET = 2 PHASE EZ-BAR CURL**

8-10 reps followed by...

#### **BERSERK SET = DUMBBELL ROTATION CURL**

8 reps with both sides, then 5 reps alternating.

Rest Between Sets: 2 minutes

Total Sets = 4

### **2.) COMPOUND SET = 2 PHASE EZ-BAR SPIDER CURL (CLOSE-GRIP)**

8-10 reps followed by...

#### **BERSERK SET = DUMBBELL-HAMMER SPIDER CURL**

8 reps with both sides, then 5 reps alternating.

Rest Between Sets: 2 minutes

Total Sets = 4

### **3.) COMPOUND SET = CLOSE-GRIP BARBELL BENCH PRESS**

8-10 reps followed by...

#### **BERSERK SET = NEUTRAL-GRIP DUMBBELL BENCH PRESS**

8 reps with both sides, then 5 reps alternating.

Rest Between Sets: 2 minutes

Total Sets = 4

### **4.) COMPOUND SET = LOW INCLINE EZ-BAR SKULL CRUSHER (CLOSE-GRIP)**

8-10 reps followed by...

#### **BERSERK SET = LOW INCLINE DUMBBELL SKULL CRUSHER**

8 reps with both sides, then 5 reps alternating.

Rest Between Sets: 2 minutes

Total Sets = 4

**5.) V-UP MEDICINE BALL CRUNCH**

10-12 reps followed by...

**MEDICINE BALL HIGH KNEE BLAST**

10 reps with each side

Rest Between Sets: 90 seconds

Total Sets = 4

