



ARMS, CORE – (DB) BULLS EYE SETS

Warm Up: 2 sets of 15 reps of the 1st bicep and tricep exercise

1.) SINGLE-ARM DUMBBELL CURL

10 reps with each side

Rest Between Sets: 60-seconds

Total Sets = 5

2.) SEATED DUMBBELL-HAMMER CURL

10 reps

Rest Between Sets: 60-seconds

Total Sets = 5

3.) INCLINE WAITER CURL

10 reps

Rest Between Sets: 60-seconds

Total Sets = 5

4.) FLOOR SINGLE-ARM NEUTRAL PRESS

10 reps with each side

Rest Between Sets: 60-seconds

Total Sets = 5

5.) LOW INCLINE DUMBBELL SKULL CRUSHER

10 reps

Rest Between Sets: 60-seconds

Total Sets = 5

6.) SEATED DUMBBELL OVERHEAD EXTENSION

10 reps

Rest Between Sets: 60-seconds

Total Sets = 5

7.) SIDE PLANK CRUNCH

10 reps with each side

Followed by...

PLANK SHIFT

10 reps

Rest Between Sets: 60-seconds

Total Sets = 4

