



ARMS, CORE – (DB) SPARTAN SETS

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

1.) SPARTAN SET = STANDING ALTERNATE DUMBBELL CURL

8-10 reps with each side

Rest 30-sec. Followed by...

STATIC DUMBBELL HAMMER CURL

8-10 reps with each side

Rest 30-sec. Followed by...

INCLINE SINGLE-ARM DUMBBELL SPIDER CURL

8-10 reps with each side

Rest 30-sec. Followed by...

INCLINE SINGLE-ARM DUMBBELL HAMMER SPIDER CURL

8-10 reps with each side

Rest 30-sec. Followed by...

INCLINE DUMBBELL CURL

8-10 reps. This completes 1 set

Rest: 3 minutes

Total Sets = 5

2.) SPARTAN SET = FLOOR SINGLE-ARM DUMBBELL NEUTRAL PRESS

8-10 reps with each side

Rest 30-sec. Followed by...

FLOOR SINGLE-ARM DUMBBELL SKULL CRUSHER

8-10 reps with each side

Rest 30-sec. Followed by...

BENT-OVER DUMBBELL KICKBACK

8-10 reps with each side

Rest 30-sec. Followed by...

HIGH INCLINE SINGLE-ARM DUMBBELL NEUTRAL PRESS

8-10 reps with each side

Rest 30-sec. Followed by...

HIGH INCLINE SINGLE-ARM DUMBBELL OVERHEAD EXTENSION

8-10 reps with each side. This completes 1 set

Rest: 3 minutes

Total Sets = 5

3.) PLANK

60-sec.

Rest: 60-seconds

Total Sets: 3

4.) PRONE COBRA

12-15 reps

Rest: 60-seconds

Total Sets: 3

5.) REVERSE HYPEREXTENSION

12-15 reps

Rest: 60-seconds

Total Sets: 3

