



ARMS, CORE – (DB) STAMINA SUPER SETS, ENDANGERED SETS

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

1.) DUMBBELL CONCENTRATION CURL

6-8 reps with each side

Rest: 90-sec.

Total Sets: 3

2.) DUMBBELL WAITER CURL

6-8 reps

Rest: 90-sec.

Total Sets: 3

3.) STAMINA SUPER SET = HIGH INCLINE DUMBBELL ROTATION CURL

8-10 reps. Followed by...

INCLINE DUMBBELL-HAMMER CURL

8-10 reps

Rest: No rest

Total Sets: 3

4.) ENDANGERED SET = INCLINE ALTERNATE DUMBBELL-SPIDER CURL

10 reps with each side (rest 15-sec.), repeat 5 times.

Total Sets: 1

5.) FLAT SINGLE-ARM DUMBBELL NEUTRAL PRESS

6-8 reps with each side

Rest: 90-sec.

Total Sets: 3

6.) HIGH INCLINE DUMBBELL OVERHEAD EXTENSION

6-8 reps

Rest: 90-sec.

Total Sets: 3

7.) STAMINA SUPER SET = LOW INCLINE DUMBBELL SKULL CRUSHER

8-10 reps. Followed by...

FLAT SINGLE-ARM DUMBBELL CROSS EXTENSION

8-10 reps with each side

Rest: No rest

Total Sets: 3

8.) ENDANGERED SET = BODY-WEIGHT BENCH DIP

10 reps (rest 15-sec.), repeat 5 times.

Total Sets: 1

9.) SIDE PLANK CRUNCH

10 reps with each side. Followed by...

PLANK

60-sec.

Rest: 60-sec.

Total Sets: 3

