



ARMS, CORE – (FW) INSANE SETS

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

1.) SEATED BARBELL CURL

4-6 reps

Rest: 90-sec.

Total Sets: 4

2.) DUMBBELL CONCENTRATION CURL

6-8 reps with each side

Rest: 90-sec.

Total Sets: 4

3.) STANDING BARBELL CURL

12-15 reps

Rest: 90-sec.

Total Sets: 3

4.) INSANE SET = STANDING DUMBBELL WAITER CURL

60-sec. of reps (rest 10-sec.), 40-sec. of reps (rest 10-sec.), 20-sec. of reps

Total Sets: 1

5.) CLOSE-GRIP BARBELL BENCH PRESS

4-6 reps

Rest: 90-sec.

Total Sets: 4

6.) PLANK EXTENSION

6-8 reps

Rest: 90-sec.

Total Sets: 4

7.) FLOOR SINGLE-ARM DUMBBELL SKULL CRUSHER

12-15 reps with each side

Rest: 90-sec.

Total Sets: 3

8.) INSANE SET = LOW INCLINE EZ-BAR SKULL CRUSHER

60-sec. of reps (rest 10-sec.), 40-sec. of reps (rest 10-sec.), 20-sec. of reps

Total Sets: 1

9.) LYING LEG RAISE

12-15 reps. Followed by...

BIRD DOG

8 reps with each side

Rest: 60-sec.

Total Sets: 4