



ARMS, CORE – (DB) DESCENDING & TRIPLE SETS

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

1.) DESCENDING SET = DUMBBELL ROTATION CURL AGAINST BENCH

Set 1: 15 reps

Set 2: 12 reps

Set 3: 10 reps

Set 4: 8 reps

Set 5: 5 reps

Rest Between Sets: 90-sec.

2.) TRIPLE SET = SQUATTED DUMBBELL CURL

6-8 reps. Followed by...

ALTERNATE DUMBBELL CROSS-HAMMER CURL

6-8 reps with each side. Followed by...

ALTERNATE DUMBBELL CURL

6-8 reps with each side.

Rest: 2-minutes

Total Sets: 3

3.) DESCENDING SET = LOW INCLINE DUMBBELL SKULL CRUSHER

Set 1: 15 reps

Set 2: 12 reps

Set 3: 10 reps

Set 4: 8 reps

Set 5: 5 reps

Rest Between Sets: 90-sec.

4.) TRIPLE SET = ALTERNATE DUMBBELL NEUTRAL PRESS

6-8 reps with each side. Followed by...

LOW INCLINE ALTERNATE DUMBBELL KICKBACK

8-10 reps with each side. Followed by...

CLOSE-GRIP PUSH UP ON BENCH

Till failure

Rest: 2-minutes

Total Sets: 3

5.) FOAM ROLLER KNEE BLAST

8-10 reps with each side

Rest: 60-sec.

Total Sets: 4