



ARMS, CORE – (DB) STRENGTH TO VOLUME SETS

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

1.) STRENGTH: STANDING DUMBBELL ZOTTMAN CURL

6-8 reps

Rest: 90-sec.

Total Sets: 4

2.) VOLUME: INCLINE DUMBBELL-HAMMER SPIDER CURL

25 reps

Rest: 90-sec.

Total Sets: 3

3.) STRENGTH: SINGLE-ARM DUMBBELL PREACHER CURL

6-8 reps with each side

Rest: 90-sec.

Total Sets: 4

4.) STRENGTH: LOW INCLINE DUMBBELL SKULL CRUSHER

6-8 reps

Rest: 90-sec.

Total Sets: 4

5.) VOLUME: INCLINE BENCH TRICEP EXTENSION

25 reps

Rest: 90-sec.

Total Sets: 3

6.) STRENGTH: HIGH INCLINE DUMBBELL OVERHEAD EXTENSION

6-8 reps

Rest: 90-sec.

Total Sets: 3

7.) LYING LEG RAISE

12-15 reps

Rest: 60-sec.

Total Sets: 4