



## **ARMS, CORE – (G) SUPER SETS**

**Warm Up: 2 sets of 15 reps of the 1<sup>st</sup> bicep and tricep exercise**

### **1.) BARBELL CURL**

6-8 reps. Followed by...

#### **DUMBBELL CONCENTRATION CURL**

8-10 reps with each side

Rest: 2-minutes

Total Sets: 3

### **2.) DUMBBELL-HAMMER PREACHER CURL**

6-8 reps. Followed by...

#### **KNEELING WAITER CURL**

8-10 reps

Rest: 2-minutes

Total Sets: 3

### **3.) ROPE PUSHDOWN ON BENCH (CHEST UP)**

6-8 reps. Followed by...

#### **ROPE PUSHDOWN ON BENCH (CHEST DOWN)**

8-10 reps

Rest: 2-minutes

Total Sets: 3

### **4.) LOW INCLINE DUMBBELL SKULL CRUSHER**

6-8 reps. Followed by...

#### **INCLINE DUMBBELL KICKBACK**

8-10 reps

Rest: 2-minutes

Total Sets: 3

**5.) BARBELL KNEE BLAST**

10 reps with each side

Rest: 60-sec.

Total Sets: 3