



ARMS, CORE – VITALITY SETS

Warm Up: 2 sets of 15 reps of the 1st biceps and triceps exercise

1.) ALTERNATE DUMBBELL ZOTTMAN CURL

8-12 reps with each side

Rest: 90-seconds

Total Sets: 4

2.) STATIC DUMBBELL CURL

8-12 reps with each side

Rest: 90-seconds

Total Sets: 4

3.) VITALITY SET: INCLINE DUMBBELL CURL

50 reps

Total Sets: 1

4.) SINGLE-ARM DUMBBELL NEUTRAL PRESS

8-12 reps with each side

Rest: 90-seconds

Total Sets: 4

5.) FLAT DUMBBELL SKULL CRUSHER

8-12 reps

Rest: 90-seconds

Total Sets: 4

6.) VITALITY SET: INCLINE BENCH EXTENSION (60 DEGREES)

50 reps

Total Sets: 1

7.) REVERSE HYPEREXTENSION

12-15 reps

Rest: 60-seconds
Total Sets: 3