



## **ARMS, CORE – REST PAUSE SETS**

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

Rest-Pause Set: Do the recommended reps, put down the weight and rest 15-seconds then rep out until failure.

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

8-10 reps

Rest: 90-seconds

Total Sets: 4

Rest-pause set the last set

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

8-10 reps

Rest: 90-seconds

Total Sets: 4

Rest-pause set the last set

### **3.) EZ-BAR REVERSE CURL**

8-10 reps

Rest: 90-seconds

Total Sets: 4

Rest-pause set the last set

### **4.) KNEELING ROPE PUSHDOWN**

8-10 reps

Rest: 90-seconds

Total Sets: 4

Rest-pause set the last set

### **5.) SKULL CRUSHER TO PUSH**

8-10 reps

Rest: 90-seconds

Total Sets: 4

Rest-pause set the last set

**6.) BENT-OVER ROPE PUSHDOWN**

8-10 reps

Rest: 90-seconds

Total Sets: 4

Rest-pause set the last set

**7.) MEDICINE BALL KNEE BLAST**

8-10 reps. Followed by...

**ALTERNATING CRUNCH**

8-10 reps with each side

Rest: 60-seconds

Total Sets: 4