



ARMS, CORE – SPIT FIRE SETS

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

1.) SEATED BARBELL CURL

Spit Fire Set: 4 reps (10-sec. rest), 4 reps (10-sec. rest), 4 reps.

Rest: 90-seconds

Total Sets: 4

2.) INCLINE DUMBBELL-HAMMER CURL

8-12 reps

Rest: 90-seconds

Total Sets: 3

3.) PREACHER CURL MACHINE

Spit Fire Set: 4 reps (10-sec. rest), 4 reps (10-sec. rest), 4 reps.

Rest: 90-seconds

Total Sets: 4

4.) EZ-BAR PUSHDOWN

Spit Fire Set: 4 reps (10-sec. rest), 4 reps (10-sec. rest), 4 reps.

Rest: 90-seconds

Total Sets: 4

5.) INCLINE EZ-BAR OVERHEAD EXTENSION

8-12 reps

Rest: 90-seconds

Total Sets: 3

6.) SINGLE-ARM UNDERHAND EXTENSION

Spit Fire Set: 4 reps (10-sec. rest), 4 reps (10-sec. rest), 4 reps with each side

Rest: 90-seconds

Total Sets: 4

7.) CABLE CRUNCH

12-15 reps

Rest: 60-seconds

Total Sets: 3