



## **ARMS, CORE – PAUSED SUPER SETS**

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

### **1.) ALTERNATE DUMBBELL CURL**

Paused Reps: 6-8 reps with each side (pause at the top)

Followed by...

#### **Rope Curl**

8-10 reps

Rest: 90-seconds

Total Sets: 3

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

Paused Reps: 6-8 reps (pause at the top)

Followed by...

#### **2-PHASE EZ-BAR SPIDER CURL**

8-10 reps

Rest: 90-seconds

Total Sets: 3

### **3.) DOUBLE-PUMP ROPE PUSHDOWN**

Paused Reps: 6-8 reps (pause at the bottom)

Followed by...

#### **OVERHEAD ROPE EXTENSION**

8-10 reps

Rest: 90-seconds

Total Sets: 3

### **4.) BENT-OVER KICKBACK**

Paused Reps: 6-8 reps (pause at the top)

Followed by...

**INCLINE DUMBBELL OVERHEAD EXTENSION**

8-10 reps

Rest: 90-seconds

Total Sets: 3

**5.) SIDE PLANK CRUNCH**

12-15 reps with each side

Rest: 90-seconds

Total Sets: 3