



ARMS, CORE – BERSERK SETS

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

1.) EZ-BAR CABLE CURL

8-10 reps

Rest: 90-seconds

Total Sets: 4

2.) BERSERK SET: STANDING DUMBBELL CURL

8 reps with both sides, then alternating 5 reps each side

Rest: 90-seconds

Total Sets: 3

3.) BERSERK SET: INCLINE DUMBBELL-HAMMER CURL (50-70 DEGREES)

8 reps with both sides, then alternating 5 reps each side

Rest: 90-seconds

Total Sets: 3

4.) EZ-BAR CABLE PUSHDOWN

8-10 reps

Rest: 90-seconds

Total Sets: 4

5.) BERSERK SET: DUMBBELL SKULL CRUSHER

8 reps with both sides, then alternating 5 reps each side

Rest: 90-seconds

Total Sets: 3

6.) BERSERK SET: PRONE DUMBBELL KICKBACK

8 reps with both sides, then alternating 5 reps each side

Rest: 90-seconds

Total Sets: 3

7.) CABLE CHOP

10 reps with each side. Followed by...

PLANK

60-seconds

Rest: 90-seconds

Total Sets: 3