



ARMS, CORE – STRENGTH TO VOLUME SETS

Warm Up: 2 sets of 15 reps of the 1st Bicep and Tricep exercise

1.) STRENGTH: INCLINE EZ-BAR SPIDER CURL (55 DEGREES)

6-8 reps

Rest: 90-seconds

Total Sets: 4

2.) STRENGTH: HAMMER BAR CURL

6-8 reps

Rest: 90-seconds

Total Sets: 4

3.) VOLUME: DUMBBELL ROTATION CURL

15-20 reps

Rest: 90-seconds

Total Sets: 3

4.) STRENGTH: EZ-BAR SKULL CRUSHER TO PRESS

6-8 reps

Rest: 90-seconds

Total Sets: 4

5.) STRENGTH: INCLINE EZ-BAR OVERHEAD EXTENSION (55-70 DEGREES)

6-8 reps

Rest: 90-seconds

Total Sets: 4

6.) VOLUME: BODY-WEIGHT DIP

15-20 reps

Rest: 90-seconds

Total Sets: 3

7.) CROSS CRUNCH

10 reps with each side. Followed by...

JACK KNIFE

20 reps

Rest: 90-seconds

Total Sets: 3