



ARMS, CORE – DOUBLE DROP SETS

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

Double Drop Set: Do the required reps then drop the weight by 30% and do 5 more reps, then drop the weight by 30% again and do 5 more reps.

1.) STANDING BARBELL CURL

8-10 reps. Double drop set the last set

Rest: 90-seconds

Total Sets: 4

2.) SQUATTED BARBELL CURL

8-10 reps. Double drop set the last set

Rest: 90-seconds

Total Sets: 4

3.) INCLINE SINGLE-ARM DUMBBELL PREACHER CURL

8-10 reps with each side

Rest: 90-seconds

Total Sets: 4

4.) TRIANGLE BAR PUSHDOWN

8-10 reps. Double drop set the last set

Rest: 90-seconds

Total Sets: 4

5.) DIP MACHINE

8-10 reps. Double drop set the last set

Rest: 90-seconds

Total Sets: 4

6.) SINGLE-ARM CABLE OVERHEAD EXTENSION

8-10 reps with each side

Rest: 90-seconds

Total Sets: 4

7.) LANDMINE CHOP

10 reps with each side

Rest: 90-seconds

Total Sets: 3