



## **ARMS, CORE – CLUSTER & PAUSED REP SETS**

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

**Cluster Set: Choose a weight you can barely do 10-12 reps with. Then rest 5-seconds and do another 3-4 reps at a time. Repeat the 5-second rest and another 3-4 reps process until you reach a total of 25 reps.**

### **1.) CLUSTER SET: EZ-BAR CABLE CURL (CLOSE-GRIP)**

25 total reps (refer to above description)

Rest: 3-minutes

Total Sets: 2

### **2.) PAUSED REPS: INCLINE DUMBBELL-HAMMER SPIDER CURL**

8-10 reps (pause on the bottom for 2-3 seconds)

Rest: 90-seconds

Total Sets: 3

### **3.) CLUSTER SET: ROPE HAMMER CABLE CURL**

25 total reps (refer to above description)

Rest: 3-minutes

Total Sets: 2

### **4.) CLUSTER SET: EZ-BAR CABLE PUSHDOWN**

25 total reps (refer to above description)

Rest: 3-minutes

Total Sets: 2

### **5.) PAUSED REPS: BENT-OVER DUMBBELL KICKBACK**

8-10 reps (pause at the top for 2-3 seconds)

Rest: 90-seconds

Total Sets: 3

**6.) CLUSTER SET: DOUBLE-ROPE CABLE PUSHDOWN**

25 total reps (refer to above description)

Rest: 3-minutes

Total Sets: 2

**7.) PUSH-UP TO KNEE BLAST COMBO**

10 total combo reps

Rest: 90-seconds

Total Sets: 3