



ARMS, CORE – STRONG MAN & MOUNTAIN SETS

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

Mountain Set: Choose a weight you can moderately do 10 reps with. Rest for 10-seconds then do 9 reps, rest for another 10-seconds then do 8 reps. Repeat this process until you get to and complete 5 reps.

1.) STRONG MAN SET: STATIC DUMBBELL CURL

6-8 reps with each side

Rest: 90-seconds

Total Sets: 4

2.) STRONG MAN SET: DUMBBELL-HAMMER CURL

6-8 reps

Rest: 90-seconds

Total Sets: 4

3.) MOUNTAIN SET: INCLINE DUMBBELL-HAMMER CURL

10 reps to 5 reps (refer to the description above)

Total Sets: 1

4.) STRONG MAN SET: FLAT CLOSE-GRIP DUMBBELL BENCH PRESS

6-8 reps

Rest: 90-seconds

Total Sets: 4

5.) STRONG MAN SET: FLAT DUMBBELL SKULL CRUSHER

6-8 reps

Rest: 90-seconds

Total Sets: 4

6.) MOUNTAIN SET: SINGLE-ARM DUMBBELL KICKBACK

10 reps to 5 reps with each side (refer to the description above)

Total Sets: 1

7.) DUMBBELL CRUNCH

12-15 reps

Rest: 60-seconds

Total Sets: 3