



ARMS, CORE – SUPER DROP SETS

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

Drop Set: Do the recommended reps, then drop the weight by around 30% and rep out till failure.

1.) DUMBBELL-HAMMER CURL

10-12 reps

Rest: 90-seconds

Total Sets: 3

2.) EZ-BAR CABLE CURL (CLOSE-GRIP)

10-12 reps. Followed by...

ALTERNATE DUMBBELL ZOTTMAN CURL

10-12 reps with each side. Drop set the last set.

Rest: 90-seconds

Total Sets: 3

3.) EZ-BAR SKULL CRUSHER

10-12 reps

Rest: 90-seconds

Total Sets: 3

4.) BENT-OVER ROPE PUSHDOWN

10-12 reps. Followed by...

ROPE PUSHDOWN

10-12 reps. Drop set the last set.

Rest: 90-seconds

Total Sets: 3

5.) DUMBBELL CHOP

10 reps with each side

Rest: 90-seconds

Total Sets: 3