



ARMS, CORE – BERSERK & PAUSED REP SETS

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

1.) BERSERK SET: DUMBBELL ZOTTMAN CURL

8 reps with both sides, then 5 reps alternating sides

Rest: 2-minutes

Total Sets: 3

2.) PAUSED REP SET: INCLINE DUMBBELL-HAMMER SPIDER CURL

8-10 reps (pause on the top for 2-sec.)

Rest: 90-seconds

Total Sets: 3

3.) BERSERK SET: DUMBBELL PREACHER CURL

8 reps with both sides, then 5 reps alternating sides

Rest: 2-minutes

Total Sets: 3

4.) BERSERK SET: CROSS CABLE EXTENSION

8 reps with both sides, then 5 reps alternating sides

Rest: 2-minutes

Total Sets: 3

5.) PAUSED REP SET: DOUBLE-PUMP ROPE PUSHDOWN

8-10 reps (pause on the bottom for 2-sec.)

Rest: 90-seconds

Total Sets: 3

6.) BERSERK SET: PRONE DUMBBELL KICKBACK

8 reps with both sides, then 5 reps alternating sides

Rest: 2-minutes

Total Sets: 3

7.) MEDICINE BALL KNEE BLAST

10 reps with each side

Rest: 90-seconds

Total Sets: 3