



ARMS, CORE – PREDATOR SETS

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

1.) PREDATOR SET: SEATED CABLE CURL

6 slow reps, followed by 6 fast reps with each side

Rest: 90-seconds

Total Sets: 3

2.) INCLINE DUMBBELL-HAMMER CURL

8-10 reps

Rest: 90-seconds

Total Sets: 3

3.) PREDATOR SET: EZ-BAR OVERHEAD CABLE CURL

6 slow reps, followed by 6 fast reps

Rest: 90-seconds

Total Sets: 3

4.) PREDATOR SET: HIGH INCLINE (70 DEGREES) DUMBBELL OVERHEAD EXTENSION

6 slow reps, followed by 6 fast reps

Rest: 90-seconds

Total Sets: 3

5.) BAR CABLE PUSHDOWN

8-10 reps

Rest: 90-seconds

Total Sets: 3

6.) PREDATOR SET: LOW INCLINE (30 DEGREES) EZ-BAR SKULL CRUSHER

6 slow reps, followed by 6 fast reps

Rest: 90-seconds

Total Sets: 4

7.) CABLE CHOP

8-10 reps with each side. Followed by...

SIDE PLANK

30-seconds with each side

Rest: 60-seconds

Total Sets: 3