



## **ARMS, CORE – REST PAUSE SETS**

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

**Rest-Pause Set: Complete the reps indicated in the workout of your working weight. Once you have completed the set, take a 10-15 second rest and complete further reps with the same weight until failure.**

### **1.) EZ-BAR CURL AGAINST BENCH**

8-10 reps. Rest-pause set the last set.

Rest: 90-seconds

Total Sets: 3

### **2.) SEATED DUMBBELL-HAMMER CURL**

8-10 reps. Rest-pause set the last set.

Rest: 90-seconds

Total Sets: 3

### **3.) 2-PHASE EZ-BAR SPIDER CURL**

8-10 reps

Rest: 90-seconds

Total Sets: 3

### **4.) DUMBBELL CLOSE-GRIP BENCH PRESS**

8-10 reps. Rest-pause set the last set.

Rest: 90-seconds

Total Set: 3

### **5.) INCLINE EZ-BAR OVERHEAD EXTENSION**

8-10 reps. Rest-pause set the last set.

Rest: 90-seconds

Total Sets: 3

### **6.) FLAT DUMBBELL SKULL CRUSHER**

8-10 reps

Rest: 90-seconds

Total Sets: 3

**7.) V-UP ON BENCH**

15-20 reps

Rest: 90-seconds

Total Sets: 3