



## **ARMS, CORE – STRENGTH TO VOLUME SETS**

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

### **1.) STRENGTH SET: INCLINE DUMBBELL SPIDER CURL**

6-8 reps

Rest: 90-seconds

Total Sets: 4

### **2.) STRENGTH SET: SEATED DUMBBELL-HAMMER CURL**

6-8 reps

Rest: 90-seconds

Total Sets: 4

### **3.) VOLUME SET: ROPE CABLE-HAMMER CURL**

15-20 reps

Rest: 90-seconds

Total Sets: 3

### **4.) STRENGTH SET: FLAT EZ-BAR SKULL CRUSHER**

6-8 reps

Rest: 90-seconds

Total Sets: 4

### **5.) STRENGTH SET: ROPE OVERHEAD CABLE EXTENSION**

6-8 reps

Rest: 90-seconds

Total Sets: 4

### **6.) VOLUME SET: MACHINE DIP**

15-20 reps

Rest: 90-seconds

Total Sets: 3

## **7.) CROSS CRUNCH**

10 reps with each side. Followed by...

## **LYING LEG RAISE**

20 reps

Rest: 90-seconds

Total Sets: 3