



## **ARMS, CORE – DESCENDING & INSANE SETS**

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

**Insane Set:** 60-seconds of reps (rest 10-seconds), 40-seconds of reps (rest 10-seconds), 20-seconds of reps.

### **1.) DESCENDING SET: ALTERNATE CROSS DUMBBELL CURL**

15 reps each side

Rest: 90-seconds

12 reps each side

Rest: 90-seconds

10 reps each side

Rest: 90-seconds

8 reps each side

Rest: 90-seconds

### **2.) DESCENDING SET: ALTERNATE STATIC DUMBBELL SPIDER CURL**

15 reps each side

Rest: 90-seconds

12 reps each side

Rest: 90-seconds

10 reps each side

Rest: 90-seconds

8 reps each side

Rest: 90-seconds

**3.) INSANE SET: EZ-BAR CABLE CURL**

1 set

**4.) DESCENDING SET: ALTERNATE FLAT DUMBBELL SKULL CRUSHER**

15 reps each side

Rest: 90-seconds

12 reps each side

Rest: 90-seconds

10 reps each side

Rest: 90-seconds

8 reps each side

Rest: 90-seconds

**5.) DESCENDING SET: DOUBLE ROPE PUSH DOWN**

15 reps

Rest: 90-seconds

12 reps

Rest: 90-seconds

10 reps

Rest: 90-seconds

8 reps

Rest: 90-seconds

**6.) INSANE SET: INCLINE BENCH BODY WEIGHT EXTENSION**

1 set

**7.) MEDICINE BALL V UP CRUNCH**

12-15 reps

Rest: 90-seconds

Total Sets: 3