



## **ARMS, CORE – DROP & REST-PAUSE SETS**

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

**Drop Set:** Do the recommended reps for the set, then drop the weight 30% and rep out until failure.

**Rest-Pause Set:** A rest-pause set consists of completing 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.) DROP SET: BAR CABLE CURL**

8-10 reps. Drop set the last set.

Rest: 90-seconds

Total Sets: 3

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

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

Rest: 90-seconds

Total Sets: 3

### **3.) DROP SET: INCLINE EZ-BAR SPIDER CURL (CLOSE-GRIP)**

8-10 reps. Drop set the last set.

Rest: 90-seconds

Total Sets: 3

### **4.) DROP SET: DOUBLE ROPE CABLE PUSHDOWN**

8-10 reps. Drop set the last set.

Rest: 90-seconds

Total Sets: 3

**5.) REST-PAUSE SET: INCLINE OVERHEAD EZ-BAR EXTENSION**

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

Rest: 90-seconds

Total Sets: 3

**6.) DROP SET: SINGLE-ARM UNDERHAND CABLE EXTENSION**

8-10 reps with each side. Drop set the last set.

Rest: 90-seconds

Total Sets: 3

**7.) SIDE PLANK**

30-seconds with each side. Followed by...

**PLANK TO SHIFT**

10 reps with each side

Rest: 60-seconds

Total Sets: 3