



## **ARMS – GIANT & PAUSED REP SETS**

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

**Giant Set:** Do all 3 exercises back to back, then rest after.

**Paused Rep Set:** Pause for 2-3 seconds on a specific part of the movement.

### **1.) GIANT SET: EZ-BAR CURL AGAINST BENCH**

6-8 reps. Followed by...

#### **EZ-BAR REVERSE CURL**

6-8 reps. Followed by...

#### **STANDING DUMBBELL-HAMMER CURL**

6-8 reps

Rest: 2-minutes

Total Sets: 2

### **2.) PAUSED REPS: ALTERNATE DUMBBELL CURL**

6-8 reps with each side (pause on the top)

Rest: 90-seconds

Total Sets: 3

### **3.) GIANT SET: ROPE CABLE PUSHDOWN**

6-8 reps. Followed by...

#### **FLAT DUMBBELL SKULL CRUSHER**

8-10 reps. Followed by...

#### **BENT-OVER ROPE CABLE EXTENSION**

8-10 reps.

Rest: 2-minutes

Total Sets: 3

**4.) PAUSED REPS: BENT-OVER DUMBBELL KICKBACK**

8-10 reps (pause on the top)

Rest: 90-seconds

Total Sets: 3