



## **ARMS, CORE – BERSERK SETS**

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

**Berserk Set:** Do 8 reps with both sides, followed by 5 reps alternating sides.

### **1.) BERSERK SET: SEATED DUMBBELL-HAMMER CURL**

8 reps with both sides, followed by 5 reps alternating sides.

Rest: 90-seconds

Total Sets: 3

### **2.) STANDING DUMBBELL CROSS CURL**

8-10 reps with each side

Rest: 90-seconds

Total Sets: 3

### **3.) BERSERK SET: INCLINE DUMBBELL-HAMMER SPIDER CURL**

8 reps with both sides, followed by 5 reps alternating sides.

Rest: 90-seconds

Total Sets: 3

### **4.) BERSERK SET: CROSS CABLE EXTENSION**

8 reps with both sides, followed by 5 reps alternating sides.

Rest: 90-seconds

Total Sets: 3

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

8-10 reps

Rest: 90-seconds

Total Sets: 3

### **6.) BERSERK SET: FLAT DUMBBELL SKULL CRUSHER**

8 reps with both sides, followed by 5 reps alternating sides.

Rest: 90-seconds  
Total Sets: 3

**7.) CABLE CRUNCH**

12-15 reps  
Rest: 90-seconds  
Total Sets: 3