



ARMS, CORE – CLUSTER & DROP SETS

Warm Up: 2 sets of 15 reps of the 1st bicep and tricep exercise

Cluster Set: Do 12 reps, then rest 5-seconds and repeat 3-5 more reps. Repeat 5-seconds of rest followed by 3-5 more reps until you reach a total of 25 total reps.

Drop Set: Do the recommended amount of reps then drop the weight by 30% and immediately rep out until failure.

1.) DROP SET: INCLINE DUMBBELL-HAMMER CURL

8-10 reps. Drop set the last set.

Rest: 90-seconds

Total Sets: 3

2.) CLUSTER SET: PREACHER CURL MACHINE

25 total reps

Rest: 3-minutes

Total Sets: 2

3.) DROP SET: EZ-BAR CABLE CURL (CLOSE-GRIP)

8-10 reps. Drop set the last set.

Rest: 90-seconds

Total Sets: 3

4.) DROP SET: OVERHEAD ROPE CABLE EXTENSION

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

Rest: 90-seconds

Total Sets: 3

5.) CLUSTER SET: KNEELING ROPE PUSHDOWN

25 total reps

Rest: 3-minutes

Total Sets: 2

6.) DROP SET: LOW INCLINE EZ-BAR SKULL CRUSHER

8-10 reps. Drop set the last set.

Rest: 90-seconds

Total Sets: 3

7.) PLANK TO KNEE BLAST

10 reps with each side

Rest: 90-seconds

Total Sets: 3