



ARMS, CORE – DESCENDING & VITALITY SETS

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

Descending Set: Increase the weight as the reps decrease with every set.

Vitality Set: Use a light weight for 1 set of 50 reps.

1.) DESCENDING SET: DUMBBELL CONCENTRATION CURL

Set 1: 15 reps

Set 2: 12 reps

Set 3: 10 reps

Set 4: 8 reps

Rest between each set: 90-seconds

2.) DESCENDING SET: INCLINE SINGLE-ARM DUMBBELL PREACHER CURL

Set 1: 15 reps

Set 2: 12 reps

Set 3: 10 reps

Set 4: 8 reps

Rest between each set: 90-seconds

3.) VITALITY SET: STANDING DUMBBELL HAMMER CURL

1 Set: 50 reps

4.) DESCENDING SET: FLAT DUMBBELL SKULL CRUSHER

Set 1: 15 reps

Set 2: 12 reps

Set 3: 10 reps

Set 4: 8 reps

Rest between each set: 90-seconds

5.) DESCENDING SET: CLOSE-GRIP DUMBBELL BENCH PRESS

Set 1: 15 reps

Set 2: 12 reps

Set 3: 10 reps

Set 4: 8 reps

Rest between each set: 90-seconds

6.) VITALITY SET: BODY-WEIGHT BENCH DIP

1 Set: 50 reps

7.) DUMBBELL CHOP

15 reps with each side

Rest: 60-seconds

Total Sets: 3