



ARMS, CORE – PRE EXHAUST SETS

Warm Up: 5-10 min incline treadmill + 2 light warm-up sets of rope pushdowns & light curls

1.) Kneeling Cable Rope Pushdowns

Tip: Pause at full extension, slow negative
15-20 reps. Followed immediately by...

Barbell Close-Grip Bench Press

Tip: Keep elbows tucked, chest up, controlled rep tempo
8-10 reps
Rest: 2-min

Total sets: 3

2.) Alternate Incline Dumbbell Curls

Tip: Full stretch at bottom, no swinging
12-15 reps with each side. Followed immediately by...

Barbell Curls

Tip: Strict form, controlled negative
8-10 reps
Rest: 2-min

Total sets: 3

3.) Single-Arm Overhead Dumbbell Triceps Extension (Seated)

12-15 reps with each side. Followed immediately by...

Static Dumbbell-Hammer Curl

Tip: No rest between arms, keep pace steady
10 reps with each side
Rest: 2-min

Total sets: 3

4.) Dip Machine

15-20 reps. Followed immediately by...

Concentration Curl

10 reps with each side. Followed immediately by...

Single-Arm Dumbbell Kickback

15-20 reps with each side

Rest: 2-min

Total sets: 2

5.) Decline Weight Crunch

15-20 reps. Followed immediately by...


Low Cable Chop


12 reps with each side.


Rest: 60-sec


Total Sets: 3

Coach's Corner — Arms, Core Edition

 **Today was about arms under tension — not just going heavy, but working smarter. You pre-exhausted the triceps and biceps so every compound lift hit harder, and every curl or press had no choice but to recruit more fibers.**

 Your triceps got hit from multiple angles — straight extension, overhead stretch, and bodyweight finishers.

 Your biceps weren't spared — from full-stretch curls to high-volume squeezes, you covered all heads.

 Core finished it off with anti-rotation and weighted control — the exact kind of work that makes your physique *look tighter* and lifts feel more stable.

Arms pumped. Core locked in. That's how you finish strong.