



Arms, Cores – Mechanical Drop Sets

Built for high tension, max pump, and pushing through failure with smart variation shifts.

Warm Up: 5-7 min light cardio + 2 light sets of rope pushdowns & light dumbbell curls

1) Overhead Rope Extension

10-12 reps. Followed immediately by...

Rope Pushdown

10-12 reps. Followed immediately by...

Incline Bench Tricep Extension

10-12 reps

Rest: 75-90 sec

Total sets: 3

2) Incline Dumbbell Curl

8-10 reps. Followed immediately by...

Standing Dumbbell Curl

8-10 reps with each side. Followed immediately by...

Alternate Cross Dumbbell-Hammer Curl

8-10 reps with each side

Rest: 75-90 sec

Total sets: 3

3) Dumbbell Skull Crusher

10-12 reps. Followed immediately by...

Bent-Over Dumbbell Kickbacks

10-12 reps. Followed immediately by...

Single-Arm Cable Kickbacks

10-12 reps with each side

Rest: 60 sec

Total sets: 2

4) Ez-Bar Preacher Curl

10-12 reps. Followed immediately by...

Standing Ez-Bar Curl

10-12 reps. Followed immediately by...

Close-Grip Ez-Bar Cable Curl

20 reps

Rest: 60-sec

Total sets: 2

5) Hanging Leg Raise

12-15 reps. Followed immediately by...

Plank to Shift

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

Rest: 30-sec

Total sets: 3

Coach's Corner — Arms, Core Edition

🔥 This workout wasn't just sets and reps — it was about squeezing every ounce of tension out of your arms before they had a chance to rest.

👉 You hit the triceps from stretch to lockout.

👉 You curled from deep stretch to total fatigue.

👉 Your core tied it all together, keeping your posture tight under pressure.

That's how arms grow after 30 — with precision, progression, and relentless finishers.