

Superset Station

ARM PUMP

BICEP & TRICEPS

01

TRICEP

Superset

Tricep Extensions (Pulley)

Standing tall close to the pulley overhead, using strait bar; press weight down and pause return to 90° & repeat.

Reps: 12-15

02

BICEP

Bicep Curls (Pulley)

Standing tall close to the pulley overhead, using strait bar; curl weight up Lower & repeat.

Reps: 12-15

03

TRICEP

Superset

Lying Tricep Extension (Dumbbells)

Using a flat bench, extend both dumbbells in front of face and return next to your ears & repeat.

Reps: 12-15

04

BICEP

Standing Alt Bicep Curl (Dumbbells)

Standing strait in a neutral stance with knees slightly bent, alternate curling left to right; pause & repeat.

Reps: 12-15

05

TRICEP

Superset

Single Arm Bent Over Tricep Extensions

Using a pulley or dumbbell, bent over position parallel to the ground, "kick back" one at a time; pause & repeat.

Reps: 12-15

06

BICEP

Single Arm Standing Bicep Hammer Curls

Using pulley or dumbbell, standing position with knees slightly bent, curl one at a time; pause & repeat

Reps: 12-15

Repeat above exercise sets for 3-5 times.

Want to push a little harder? Finish up with your favorite ab routine or a 20-30 minute brisk walk, jog or run.

Be sure to hydrate throughout and take rests between sets as needed.



Uprise
ELEVATE YOURSELF