

<b>ARMS &amp; ABS</b>				
<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>TEMPO</b>	<b>REST</b>
<b>SET 1</b>				
<b>Chin-ups</b>	<b>4</b>	<b>10</b>	<b>3110</b>	
<b>Tricep Pushdown</b>	<b>4*</b>	<b>15</b>	<b>2010</b>	
<b>Plank Get-ups</b>	<b>4</b>	<b>16</b>	<b>1010</b>	<b>90 Seconds</b>
<b>SET 2</b>				
<b>DB Hammer Curl</b>	<b>4</b>	<b>12</b>	<b>3110</b>	
<b>Close Grip Bench Press</b>	<b>4*</b>	<b>12</b>	<b>3111</b>	
<b>Wide Mountain Climber</b>	<b>4</b>	<b>24</b>	<b>2010</b>	<b>90 Seconds</b>
<b>SET 3</b>				
<b>Barbell Curl</b>	<b>1</b>	<b>30</b>	<b>2010</b>	
<b>Wide Arm Pull-up</b>	<b>1</b>	<b>30</b>	<b>2010</b>	<b>90 Seconds</b>

**\* DROPSET:** After the final set of reps, drop the weight by 15% and complete another set. Repeat once more. E.G, Tricep Pushdown. On your 4th set do 15 reps. Then drop the weight by 15% and do another 15. No rest. Drop the weight 15% again and do another 15. 6 sets in total.

**All exercises in each set are completed as a SUPERSET (done back to back, with no rest)**

**If you can't complete the required reps at the required tempo, lower the weight or rest for a few seconds. Make sure to complete all reps in the set.**

