



Arms Assault

Exercise	Rest	Sets	Reps	Weight	Notes
One-handed reverse extension	1:30	4	8		
One-handed rope extension	1:30	3	8		
California press	1:30	3	10		
One-arm dumbbell curl	1:30	4	8		
Dead hang curl	1:30	3	8		
Barbell curl	1:30	3	12		Use fat grips or thicker bar