



Armstrike

Exercise	Rest	Sets	Reps	Weight	Notes
Over-the-head press	1:30	5	10		
Side dumbbell raise	1:30	4	12		
superset					
Side lateral raise			15		
Rope raise to the neck	1:30	3	20		
superset					
Rope extension					
Straight bar pushdown	1:30	3	15		