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5. Wide EZ curls – EZ Skull Crushers SuperSet

- 3 sets of 10 reps superset to 10 reps to failure
- Tempo: 1-1-3-0
- 60 seconds rest
- Wide EZ curls: select the grip just wide of shoulder width. Concentrate on keeping your body still- the only moving part should be your forearms.
- Skull crushes: Elbows stay directly above your shoulders throughout rep- not bowing out beyond shoulder width during the lift or down towards your legs. The bar should stop at your hairline or upper forehead at the base of each repetition.
- Try to use the same weight for both exercises if possible



6. Tricep Dumbbell Kickbacks – Dumbbell Hammer Curls SuperSet

- 2 sets of 6-8 kickbacks to failure, superset to 12-15 hammer curls
- Tempo: 1-0-2-0
- 60 seconds rest between sets
- Keep the elbow and body in a fixed position throughout both exercises. The only moving body part is the forearms.
- Use the same dumbbells for both exercises if possible.



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