

# Animal Arms Superset



**EVERYTHING  
IS POSSIBLE**  
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WARM-UP SET / 1:00 REST	SETS	REPS	WEIGHT
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Straight bar curl	4	15	
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## SUPER SET

Straight bar pushdown

EXERCISE 1 / 1:00 REST	SETS	REPS	WEIGHT
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Rope pushdown	3	20	
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## SUPER SET

Rope curl

EXERCISE 2 / 1:30 REST	SETS	REPS	WEIGHT
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Barbell curl	3	8	
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## SUPER SET

Incline skull crusher

EXERCISE 3 / 1:30 REST	SETS	REPS	WEIGHT
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Hammer curl	3	10	
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## SUPER SET

Hammer skull crusher

EXERCISE 4 / 1:30 REST	SETS	REPS	WEIGHT
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Overhead reverse EZ extension	3	10	
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**SUPER SET**

Reverse EZ curl

