



Couple's ShouldArms

Exercise	Rest	Sets	Reps	Weight	Notes
Dumbbell press	1:00	4	8		
superset					
One-arm dumbbell press					
Dumbbell upright row	1:00	4	10		
superset					
Poliquin dumbbell raise			8		
Incline dumbbell curl	1:00	4	10		
superset					
Alternating dumbbell curl			max		
Reverse EZ curl	1:00	3	10		
superset					
Skull crusher					
Rope extension	1:00	4	12		
superset					
Overhead rope extension					