

XLLathlete.com

WORLD FAMOUS BIG GARY BIG GUNS WOROUT PART II

COMPLEX 1 4 SETS TOTAL - COMPLETE 1 SET OF EACH IN ORDER

CLOSE-GRIP BENCH PRESS 4 X 10S - 10 SECOND REST

BICEP BAND CURL 4 X 10S - 10 SECOND REST

OC DIPS + 2 4 X 10S - 45 SECOND REST

COMPLEX 2 4 SETS TOTAL

LAT PULL-DOWN CHIN-GRIP 4 X 10S - 10 SECOND REST

DUAL ACTION BICEP CURL 4 X 10S - 10 SECOND REST

WRIST CURL FLEXION 4 X 10S - 45 SECOND REST

COMPLEX 3 4 SETS

DB SHRUGS 4 X 10S - 10 SECOND REST

CONCENTRATION CURL 4 X 10S - 10 SECOND REST

WRIST CURL EXTENSION 4 X 10S - 45 SECOND REST

COMPLEX 4 4 SETS

FLOOR TRICEP EXTENSION 4 X 10S - 10 SECOND REST

ZOTTMAN CURLS 4 X 10S - 10 SECOND REST

SPIDER FLIPS 4 X 10S 45 SECOND REST

