

# **XL**athlete.com

## The World Famous Big Gary

### Big Guns Workout!!

#### Complex 1 – 3 Sets Total – Complete 1 Set of Each in Order

ARNOLD PRESS – 3 x 12 Reps – 15 Seconds Rest

DUMBBELL ONE ARM ROW – 3 x 12 Reps – 15 Seconds Rest

EZ BAR CURLS – 3 x 12 Reps - 60 Seconds Rest

#### Complex 2 – 3 Sets Total-

DIPS – 3 x 12 Reps – 15 Seconds Rest

Dynamic LAT PULLDOWN – 3 x 12 Reps – 15 Seconds Rest

BAR SHOULDER SHRUG - 3 x 12 Reps - 60 Seconds Rest

#### Complex 3 – 3 Sets Total

JM DUMBBELL PRESS – 3 x 12 Reps – 15 Seconds Rest

INCLINE DUMBBELL HAMMER CURL – 3 x 12 Reps – 15 Seconds Rest

DUMBBELL TRICEP PRO SUP – 3 x 12 Reps - 60 Seconds Rest

Created By Kevin Kocos