Insane

Advanced | 12 min

1		Barbell Curls Barbell	20 Seconds
	Rest		10 Seconds
2		Alternating Hammer Curls Dumbbell	20 Seconds
	Rest		10 Seconds
3		Barbell Curls Barbell	30 Seconds
	Rest		10 Seconds
4		Alternating Hammer Curls Dumbbell	30 Seconds
	Rest		30 Seconds
5		Dumbbell Triceps Extension Dumbbell	30 Seconds
	Rest		15 Seconds

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6



Tricep bench dips

Bench / Chair

30 Seconds

Rest 15 Seconds

7



Triceps Kickbacks

Dumbbell

30 Seconds

Rest 5 Seconds

8



Dips with 2 Benches

2 Benches / 2 Chairs

30 Seconds

Rest 30 Seconds

9



Dumbbell Triceps Extension

Dumbbell

30 Seconds

10



Seated Alternating Curl

Bench / Chair

x20 Reps

Rest 30 Seconds

11



Dumbbell Triceps Extension

Dumbbell

30 Seconds

12



Seated Alternating Curl

Bench / Chair

x20 Reps

Rest 30 Seconds

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- **Dips with 2 Benches**

2 Benches / 2 Chairs

30 Seconds

14 

- **Rotating Bicep Curl**

Dumbbell

30 Seconds

Rest **15 Seconds**

15 

- **Dumbbell lateral raises**

Dumbbell

x25 Reps

Rest **20 Seconds**

16 

- **Dumbbell lateral raises**

Dumbbell

x25 Reps

P4P

This is the workout in PDF. In the app you live the full experience.

Here you have the technical structure. In the app you find a richer, more dynamic and more vivid experience.

- 🎬 Video guide with complete animations
- 🎵 Proprietary music to train better
- ⚙️ Customizable timer and settings
- 📅 Progressive plans for 30, 60 and 90 days
- ✨ New workouts generated with artificial intelligence

Download the app

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