Insane - Level 2

Advanced | 20 min

1		Tricep bench dips Bench / Chair	x25 Reps
	Rest		25 Seconds
2		Dumbbell Triceps Extension Dumbbell	30 Seconds
	Rest		30 Seconds
3		Dumbbell lateral raises Dumbbell	x25 Reps
	Rest		25 Seconds
4		Rear raise Dumbbell	x25 Reps
	Rest		30 Seconds
5		Tricep bench dips Bench / Chair	x30 Reps
6		Dumbbell Triceps Extension Dumbbell	30 Seconds

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Rest **45 Seconds**

7  **Dumbbell lateral raises**
Dumbbell
x30 Reps

Rest **30 Seconds**

8  **Rear raise**
Dumbbell
x30 Reps

Rest **45 Seconds**

9  **Barbell Curls**
Barbell
x20 Reps

Rest **20 Seconds**

10  **Barbell Wrist Curls**
Barbell
x20 Reps

Rest **20 Seconds**

11  **Barbell Curls**
Barbell
x20 Reps

Rest **20 Seconds**

12  **Barbell Wrist Curls**
Barbell
x20 Reps

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Rest **20 Seconds**

13 

Barbell Curls

Barbell

x20 Reps

Rest **20 Seconds**

14 

Barbell Wrist Curls

Barbell

x20 Reps

Rest **45 Seconds**

15 

Seated Alternating Curl

Bench / Chair

x25 Reps

Rest **30 Seconds**

16 

Seated Alternating Curl

Bench / Chair

x25 Reps

Rest **30 Seconds**

17 

Alternate front raise

Dumbbell

x30 Reps

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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
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