Insane - Level 2

Advanced | 20 min | 196 Kcal

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

Barbell

x25 Reps

Rest **30 Seconds**

16 

Seated Alternating Curl

Barbell

x25 Reps

Rest **30 Seconds**

17 

Alternate front raise

Dumbbell

x30 Reps

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