

Omni Grip/Omni Rep Tri-Set Routines

This allows to train at the same station, particularly useful when the gym is very busy. The fact that you vary both the grip and the rep bracket permits you to trash all the motor units you want.

Routine one Elbows Flexors:

Do the following steps:

1. Standing Reverse Grip EZ bar Curls 4-6 R.M. on a 321 tempo (pause taken at 30 degrees of elbow flexion)
2. rest zero seconds
3. Seated Hammer Dumbbell Curls. 10-12 R.M. on a 302 tempo
4. rest 10 seconds
5. Scott EZ- Bar Semi-supinated curls with shoulder width grip 15-20 R.M. on a 201 tempo
6. Rest for 2 minutes
7. Repeat steps 1 to 6 twice, you probably will have to drop the weight 5 lbs every new Staggered Grip Extended Set

Routine 2: Triceps Specialization

Do the following steps:

1. Lying Barbell Triceps to top of forehead 6-8 R.M. on a 221 tempo
2. rest 10 seconds
3. Lying Barbell Triceps to chin 6-8 R.M. on a 301 tempo (A.M.R.A.P.).
4. rest 10 seconds
5. Close Grip Bench Presses (A.M.R.A.P.). on a 221 tempo
6. Rest 2 minutes .
7. Repeat steps 1 to 6 twice, you probably will have to drop the weight 5 lbs every new Staggered Grip Extended Set

Routine 3: Long head of the biceps specialization

Do the following steps:

1. Incline Curls on Swiss Balls 4-6 R.M. on a 501 tempo
2. rest 10 seconds
3. High Incline Dumbbell Curls 301 tempo (A.M.R.A.P.). (as many reps as possible)
4. rest 10 seconds
5. Low Incline Hammer Curls (A.M.R.A.P.). on a 201 tempo
6. Rest 2 minutes .
7. Repeat steps 1 to 6 twice, keep the same dumbbells throughout the extended set.

Routine 4: Triceps Specializations

Do the following steps:

1. Triceps Pressdowns, Close-Grip 8-10 R.M. on a 401 tempo

2. rest 10 seconds
3. Triceps Pressdowns, Medium-Grip 301 tempo (A.M.R.A.P.).
4. rest 10 seconds
5. Reverse Grip Triceps Pressdowns (A.M.R.A.P.). on a 201 tempo
6. Rest 2 minutes, while visualizing that post-workout drink.
7. Repeat steps 1 to 6 twice, drop the weight 10-20 lbs on the reverse grip pressdowns to get the reps in.

