

## **Omni Grip/Omni Rep Tri-Set Routines**

This allows you 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: Staggered Grip Extended Set**

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 Press (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. Low Incline Curls (supinated) 4-6 R.M. on a 501 tempo
2. rest 10 seconds
3. High Incline Dumbbell Curls 301 tempo (A.M.R.A.P.)
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 to help get you through.
7. Repeat steps 1 to 6 twice, drop the weight 10-20 lbs on the reverse grip pressdowns to get the reps in.

**Bonus :**

**Triset for the slow twitch individual**

This system calls for higher reps with each succeeding exercise within the triset. The heavy work is done on the first set to knock off the higher threshold motor units. Higher reps and higher reps are being performed as the tri-set is being executed so that the lower threshold fatigue resistant fibers also get to be exhausted.

**Sample Triceps Tri-set for the slow twitch individual**

1. Lying triceps extensions 8-10 reps on 312 tempo, 0 rest & move to 2.
2. EZ bar presses (lower bar to the bridge of the nose) 10-12 reps on 201 tempo, 0 rest & move to 3.
3. Kneeling rope french presses 15-20 reps on 201 tempo

**Sample Elbow flexors Tri-set for the slow twitch individual**

Perform 3 Tri-sets of the following for 8-10 reps per set tempo 302

1. Incline Hammer Dumbbell Curls 6-8 reps on 402 tempo, 0 rest & move to 2.
2. Standing Barbell Curls 8-10 reps on 302 tempo, 0 rest & move to 3
3. Cable preacher curls 15-20 reps on 201 tempo

Superset the following for 3 sets of 15-20 reps tempo 201

1. Cable palms-up wrists curls
2. Cable palms-down wrists curls