

150's

1. Using the starting position from the bench press with dumbbells, press into standard position. Do set of 10 reps.
2. Immediately switch to hammer position (rotate wrists 90 degrees) do set of 10 reps in this position.



Position 1



Position 2



Position 3

3. Immediately rotate back to standard position and touch dumbbells together at top of motion. Do set of 10 reps.

4. Take 1 minute after 1st set, 1.5 mins after 2nd set and 2 mins after sets 3 and 4. Do five total sets of 30 reps equals 150 reps (150's).