



Wednesday (2/26) Arms

Advanced Trainee

Giant Set 1: Biceps

BB Curls (Inside Grip)

SS

Incline DB Curls

SS

BB Curls (Outside Grip)

SS

Hammer Curls

SS

Preacher Curls

4 Rounds 12 Reps Each 90 Sec Rest Between Each Round

Giant Set 2: Triceps

Skull Crushers

SS

Overhead DB Press

SS

Tricep Pushdowns

SS

Cable Kick backs (12 each arm)

SS

Diamond Pushups

4 Rounds 12 Reps Each 90 Sec Rest Between Each Round

Beginner Trainee

Incline DB Curls: 4 Sets of 15 Reps (40 sec rest)

Diamond Push-ups: 4 Sets of 15 Reps (40 sec rest)

EZ Bar Curls: 4 sets of 15 Reps (40 sec rest)

Skull Crushers: 4 sets of 12 Reps (40 sec rest)

Cable Floor Curls: 4 sets of 12 reps (40 sec rest)