Thursday (4/24) Arms

(Keep weight challenging not light)

Advanced Trainee

Straight BB Curls- 5 sets of 5 reps (Heavy) – 60 sec rest

Preacher Curls- 3 sets of 8 reps with triple drop-set on last set to failure- 60 sec rest

Hammer Curls- 4 sets of 8 reps with triple drop-set on last set to failure- 60 sec rest

Reverse BB Curls- 2 sets of 25 reps – 20 sec rest between sets

Incline BB Skull Crushers- 5 sets of 5 reps (Heavy)- 60 sec rest

Overhead DB Press- 3 sets of 8 reps with triple drop-set on last set to failure- 60 sec rest

Tricep Pushdowns- 4 sets of 8 reps with triple drop-set on last set to failure- 60 sec rest

Weighted Dips- 2 sets to failure- 20 sec rest between sets

Beginner
Straight BB Curls- 4 sets of 12
Preacher Curls- 4 sets of 12 (each leg)
Hammer Curls- 4 sets of 12
Reverse BB Curls- 4 sets of 12
Skull Crushers - 4 sets of 12
Tricep Pushdowns - 3 sets of 12
Diamond Push-Ups- 3 sets of 12
(30 sec rest between each set)