

TRAINING PROGRAM: WEEK 2

DAY 9: ARMS

Exercise	Sets	Reps	Comment
Morning cardio	1	1	Perform 40 minutes before consuming food
Alternating dumbbell curls	4	10 each arm	For the first two sets, do 10 reps each arm in alternating fashion, then do 5 additional reps bilaterally. Movement warms up your biceps, allowing you target each arm
EZ-bar curls	4	8	To target the inner heads of your biceps
Dumbbell prone incline curls	3	8-10 + 5	Facedown on the bench with regular grip to hit biceps, then neutral grip for the last 5 to hit brachialis
Triceps pressdowns	5	20	Warms up the area around your elbows to prevent injury
Seated low pulley overhead triceps extensions	3	20	Provides constant tension
One-arm reverse cable pushdown	3	20	Each arm
Abs	6-8	Failure	Choose two abs exercises and perform a total of 6-8 sets, each set to failure
Post-workout cardio	1	1	Perform 25 minutes immediately after weight-training or add this session later in the evening

NOTES:
