

# TRAINING PROGRAM: WEEK 3

## DAY 16: ARMS

Exercise	Sets	Reps	Comment
Morning cardio	1	1	Perform 45 minutes before consuming food
EZ-bar curls	7	10-15	Only about 30 seconds of rest between sets
Preacher curls	4	8	You can vary your grip to hit your biceps in different ways
<b>SUPERSET</b>			
Incline alternating dumbbell curls	3	8 each arm	
Standing alternating hammer curls	3	5 each arm	Targets brachialis
Lying dumbbell triceps extensions	4	10-20	Hold your upper arms steady with palms facing one another
Close-grip Smith machine bench presses	3	15-20	A mass builder to hit the full triceps
Triceps pressdowns	4	15-20	
Post-workout cardio	1	1	Perform 30 minutes immediately after weight-training or add this session later in the evening

### NOTES:

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