Kris Gethin's 8 WEEK MUSCLE BUILDING TRAINER Presented by KAGED MUSCLE®

TRAINING GUIDE

WEEK 1

DAY 4: ARMS & CALVES

EXERCISE	SETS	REPS	STRATEGY
Triceps pushdown	3	20	Rest-pause
Dips	3	Failure	Rest-pause
Seated dumbbell overhead triceps extension	3	20	Rest-pause
Preacher curl	3	20	Rest-pause
Alternating dumbbell curl	3	16–18	Rest-pause
Standing EZ-bar curl	3 (21s)	27	Rest-pause
Calf press	3	20	Rest-pause
HIIT	1	3	4 minutes easy/1 minute full intensity for a total of 15 minutes

NOTES: