

DAY 11: ARMS & CALVES

EXERCISE	SETS	REPS	STRATEGY
Cable biceps curl	3	10 initial 20 total	Drop sets (2) 5 more reps per drop
Dumbbell preacher curl	3	10 initial 20 total	Drop sets (2) 5 more reps per drop (each arm)
Hammer curl	3	10 initial 20 total	Drop sets (2) 5 more reps per drop
Seated triceps extension	3	10 initial 20 total	Drop sets (2) 5 more reps per drop
Lying triceps extension	3	10 initial 20 total	Drop sets (2) 5 more reps per drop
Machine dip	3	10 initial 20 total	Drop sets (2) 5 more reps per drop
Calf Press	3	10 initial 20 total	Drop sets (2) 5 more reps per drop
HIIT	1	3	4 minutes easy/1 minute full intensity for a total of 15 minutes

NOTES:
