

DAY 18: ARMS & CALVES

EXERCISE	SETS	REPS	STRATEGY
Giant set #1			
Triceps cable pushdown	3	10	Giant set #1
Cable overhead triceps extension	3	10	Giant set #1
Dips	3	10	Giant set #1
Giant set #2			
Skull crushers	3	10	Giant set #2
Overhead plate extension	3	10	Giant set #2
Close-grip push-up	3	10	Giant set #2
Giant set #3			
Squatting cable curl	3	10	Giant set #3
Standing biceps cable curl	3	10	Giant set #3
Lying reverse-grip curl	3	10	Giant set #3
Giant set #4			
Preacher EZ-bar curl	3	10	Giant set #4
Spider plate curl	3	10	Giant set #4
Seated dumbbell curl	3	10	Giant set #4
Smith machine calf raise	5	50, 40, 30, 20, 10	Basic
HIIT	1	3	4 minutes easy/1 minute full intensity for a total of 15 minutes

NOTES:
