

**DAY 25: ARMS & CALVES**

| EXERCISE                          | SETS | REPS                   | STRATEGY   |
|-----------------------------------|------|------------------------|--|
| Dumbbell concentration curl       | 3    | 10<br>+ 5 partial reps | Regular + partial reps   |
| Two-hand dumbbell hammer curl     | 3    | 10<br>+ 5 partial reps | Regular + partial reps   |
| Machine preacher curl             | 3    | 10<br>+ 5 partial reps | Regular + partial reps   |
| Triceps cable pushdown            | 3    | 10<br>+ 5 partial reps | Regular + partial reps   |
| Lying dumbbell triceps extensions | 3    | 10<br>+ 5 partial reps | Regular + partial reps   |
| Weighted bench dip                | 3    | 10<br>+ 5 partial reps | Regular + partial reps   |
| Straight-legged calf press        | 3    | 10<br>+ 5 partial reps | Regular + partial reps   |
| HIIT                              | 1    | 3                      | 4 minutes easy/1 minute full intensity for a total of 15 minutes |

**NOTES:**

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