

DAY 32: ARMS & CALVES

| EXERCISE | SETS | REPS | STRATEGY |
|-----------------------------|------|------------------------|--|
| Triceps cable pushdown | 5 | 30, 25, 20, 15, 10 | DTP |
| Triceps overhead extension | 5 | 10, 15, 20, 25, 30 | DTP |
| EZ-bar preacher curl | 5 | 30, 25, 20, 15, 10 | DTP |
| Standing EZ-bar biceps curl | 5 | 10, 15, 20, 25, 30 | DTP |
| Calf press | 6 | 25, 20, 15, 15, 20, 25 | DTP |
| HIIT | 1 | 3 | 4 minutes easy/1 minute full intensity for a total of 15 minutes |

NOTES:
