

**DAY 39: ARMS & CALVES**

EXERCISE	SETS	REPS	STRATEGY
Standing EZ-bar biceps curl	5	25, 20, 15, 10, 5	DTP
Reverse EZ-bar curl	5	5, 10, 15, 20, 25	DTP
Seated dumbbell triceps extension	5	25, 20, 15, 10, 5	DTP
Machine dips	5	5, 10, 15, 20, 25	DTP
SUPERSET: High-pulley cable curl & Cable crossover triceps extension	5	20	Superset
Leg press calf press	6	30, 20, 10, 10, 20, 30	DTP
HIIT	1	3	4 minutes easy/1 minute full intensity for a total of 15 minutes

**NOTES:**

---



---



---



---



---



---