

DAY 46: ARMS & CALVES

EXERCISE	SETS	REPS	STRATEGY
SUPERSET 1: Standing biceps cable curl & Cable overhead triceps extension	4	25, 20, 15, 10	DTP with supersets
SUPERSET 2: Cable preacher curl & reverse-grip triceps pushdown	4	10, 15, 20, 25	DTP with supersets
Lying triceps extension	3	30, 20, 10	DTP
Standing EZ-bar biceps curl	3	10, 20, 30	DTP
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:
