

**DAY 53: ARMS & CALVES**

| EXERCISE                         | SETS | REPS                         | STRATEGY   |
|----------------------------------|------|------------------------------|--|
| Weighted parallel-bar dip        | 4    | 20, 15, 10, 5                | DTP  |
| Close grip push-up               | 4    | 5, 10, 15, 20                | DTP  |
| Seated dumbbell curl             | 8    | 20, 15, 10, 5, 5, 10, 15, 20 | DTP + DTPXtreme  |
| Overhead plate triceps extension | 1    | 100                          | Rest pause   |
| Hammer plate curl                | 1    | 100                          | Rest pause   |
| Calf press                       | 6    | 30, 20, 10, 10, 20, 30       | DTP + DTPXtreme  |
| HIIT                             | 1    | 3                            | 4 minutes easy/1 minute full intensity for a total of 15 minutes |

**NOTES:**

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