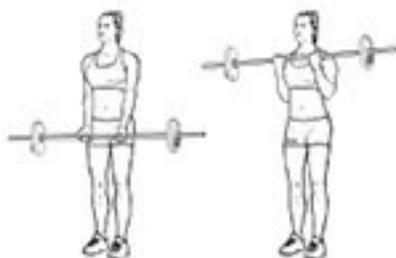


# BICEPS AND TRICEPS

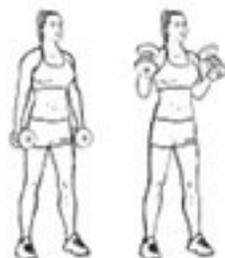
REMEMBER TO  
**STRETCH &  
WARM UP**  
before every workout

Barbell Curls / Standing Biceps Curls



5 sets 10 reps 2 min rest

Standing Dumbbell Bicep Hammer Curls



5 sets 10 reps 45 sec rest

Seated Tricep Press / Overhead Extensions



5 sets 15 reps 1 min rest

Seated Dumbbell Bicep Curls



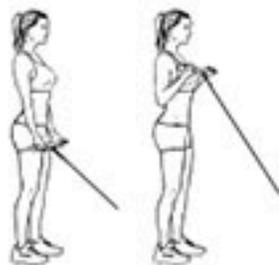
5 sets 15 reps 45 sec rest

Bent Over Double Arm Tricep Kickbacks



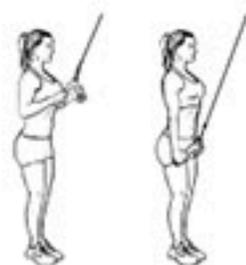
5 sets 15 reps 1 min rest

Standing Bicep Cable Curls



5 sets 15 reps

Tricep Cable Rope Push / Pull Downs



5 sets 15 reps 1 min rest

# TIP:

## ELEVATING YOUR HEARTRATE

Alternate between heavy and light weights & avoid long rest periods. If you feel your HR drop to normal during your workout, add TABATA curls between sets.