



Arms- 03/05

Advanced Trainee

(Keep weight challenging, but where you can still keep tension on the muscle)

Round 1

Preacher Curls 5 sets of 12 reps

SS

Hammer Curls

Barbell Curls 5 sets of 12 reps

SS

Alternating DB Curls

Rope Curls 5 sets of 12 reps

SS

Floor Curls

Round 2

Close Grip Bench Press

SS

Tricep Push Downs

SS

Standard Dips

SS

Overhead DB Press

SS

Tricep Cable Kick backs

5 Rounds 10-12 reps - 90 sec Rest at the End of each round

Beginner Trainee

Preacher Curls

SS

Hammer Curls- 3 sets of 12 Reps (30 sec rest)

BB Curls

SS

Alternating Curls 3 sets of 12 Reps (30 sec rest)

Skull Crushers

SS

Tricep Pushdowns- 3 sets of 12 Reps (30 sec rest)

Overhead DB Press

SS

Dips- 3 sets of 12 Reps (30 sec rest)