31st January – Arm & Cardio Day

Cardio

Cross-trainer 30min (5+25)

Arm Routine

Dumbbell Lateral Raise 2kg 2x10

Dumbbell Overhead Shoulder Press 3kg 2x10

Front Dumbbell Raise 3kg 2x10

Reverse Curl 4kg 2x10

Seated Rear Lateral Dumbbell Raise 2kg 2x10

Standing Dumbbell Curl 4kg 2x10

Two-armed Bent Over Row 4kg 2x10

Upright Dumbbell Row 4kg 2x10

Bent over Outward Row 2kg 2x10

Barbell Front Raise 5kg 2x10

Dumbbell Side Bend 4kg 2x10 ps

Stiff-legged Barbell Deadlift 5kg 2x10

Seated Overhead Extension 4kg 2x10 ps

Tricep Knelt backwards Extension 3kg 2x10 ps

Abs 1x30

Reverse Crunch 6kg Jack-knife Leg-cross Lower 6kg Glute Bridge

30 sec Plank Plank-on-Knee Static Chest Tap

# Notes

Due to being a week before goal day, focused more on cardio.