

Day 5: Biceps, Calves, Abs

WIDE-GRIP BARBELL CURL (WARM-UP SETS)

Use light weight and stop each set short of failure.



Wide-grip barbell curl
2 sets, 10 reps (rest 1 min.)



Wide-grip barbell curl
4 sets, 8-12 reps (rest 1 min.)



Alternating Dumbbell Curl
4 sets, 16-24 reps (alternating, 8-12 reps per side, rest 1 min.)



Close-grip EZ-bar curl
4 sets, 8-12 reps (rest 1 min.)



Seated Calf Raise
4 sets, 8-12 reps (rest 1 min.)

SINGLE-LEG STANDING DUMBBELL CALF RAISE

Perform all of the reps on one side before switching to the other side. Don't rest between sides and rest 1 min. between sets.



Single-Leg Standing Dumbbell Calf Raise

3 sets, 8-12 reps (left side, no rest)



Single-Leg Standing Dumbbell Calf Raise

3 sets, 8-12 reps (right side, rest 1 min.)



Bent-knee reverse crunch

3 sets, 8-12 reps (rest 30 sec.)



V-up

4 sets, 8-12 reps (rest 30 sec.)



Elliptical trainer

1 set, 15 min. Alternate 3 min. of easy effort with 1 min. of hard effort, or perform other cardio of your choice.

1 set, 15 mins