

## Day 82: Arms

### SUPERSET (WARM-UP SETS)

Perform all of the reps on one side before switching to the other side. Use light weights and stop each set short of failure.



#### Cable Curl

2 sets, 10 reps (left side, no rest)



#### Single-arm rope kickback

2 sets, 10 reps (left side, no rest)



#### Cable Curl

2 sets, 10 reps (right side, no rest)



#### Single-arm rope kickback

2 sets, 10 reps (right side, rest 1 min. )

## DTP SUPERSET

Perform the exercises in order with no rest between exercises or sets.



### Cable Curl

10 sets, 30, 25, 20, 15, 10, 10, 15, 20, 25, 30 reps (left side, no rest)



### Single-arm rope kickback

10 sets, 30, 25, 20, 15, 10, 10, 15, 20, 25, 30 reps (left side, no rest)



### Cable Curl

10 sets, 30, 25, 20, 15, 10, 10, 15, 20, 25, 30 reps (right side, no rest)

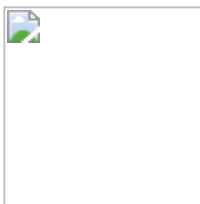


### Single-arm rope kickback

10 sets, 30, 25, 20, 15, 10, 10, 15, 20, 25, 30 reps (right side, no rest)

## DTP SUPERSET

Perform the exercises in order with no rest between exercises or sets.



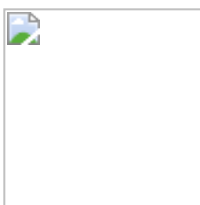
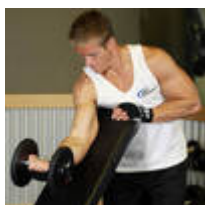
### Standing One-Arm Dumbbell Curl Over Incline Bench

6 sets, 30, 20, 10, 10, 20, 30 reps (left side, no rest)



### Single-arm dumbbell triceps extension

6 sets, 30, 20, 10, 10, 20, 30 reps (left side, no rest)



### Standing One-Arm Dumbbell Curl Over Incline Bench

6 sets, 30, 20, 10, 10, 20, 30 reps (right side, no rest)



### Single-arm dumbbell triceps extension

6 sets, 30, 20, 10, 10, 20, 30 reps (right side, no rest)



### 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