

## Day 12: Biceps, Calves, Abs

### SEATED ALTERNATING BICEPS CURL (WARM-UP SETS)

Use light weight and stop each set short of failure.



#### Seated Alternating Dumbbell Curl

2 sets, 20 reps (alternating, 10 reps per side, rest 1 min.)



#### Seated Alternating Dumbbell Curl

3 sets, 28-36 reps (alternating, 14-18 reps per side, rest 1 min.)



#### Preacher Curl

Use either an EZ-bar or a barbell, depending on what's more comfortable for you.

3 sets, 14-18 reps (rest 1 min.)



#### Lying cable biceps curl

3 sets, 14-18 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

4 sets, 18-20 reps (left side, no rest)



### Single-Leg Standing Dumbbell Calf Raise

4 sets, 18-20 reps (right side, rest 1 min.)



### Kneeling cable crunch

4 sets, 18-20 reps (rest 30 sec.)



### Dumbbell Crunch Isometric Hold

4 sets, 14-18 reps (rest 30 sec.)



### Stationary bike

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

1 set, 15 mins