

## Day 19: 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

After each set, perform a dropset, aiming to perform an additional 15-20 reps. See Training Guidelines for details.

3 sets, 15-20 reps (rest 2 min.)



#### Close-grip barbell curl

After the first set only, perform a dropset, aiming to perform an additional 15-20 reps. See Training Guidelines for details.

3 sets, 15-20 reps (rest 2 min.)



#### Seated Calf Raise

After each set, perform a dropset, aiming to perform an additional 15-20 reps. See Training Guidelines for details.

3 sets, 15-20 reps (rest 2 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

After each set, perform a dropset, aiming to perform an additional 15-20 reps. See Training Guidelines for details.

3 sets, 15-20 reps (left side, no rest)



### Single-Leg Standing Dumbbell Calf Raise

After each set, perform a dropset, aiming to perform an additional 15-20 reps. See Training Guidelines for details.

3 sets, 15-20 reps (right side, rest 1 min.)

## SUPERSET

Perform the exercises in order with no rest between exercises and 1 min. of rest between sets.



### Decline reverse crunch

3 sets, 15-20 reps (no rest)



### Exercise ball knee roll-in

3 sets, 15-20 reps (rest 1 min.)



### 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