

Day 61: Arms

DTP SUPERSET (WARM-UP SETS)

Perform the exercises in order, using light weight and stopping each set short of failure.



Standing barbell overhead triceps extension

Perform with a dumbbell.

2 sets, 10 reps (no rest)



Seated dumbbell biceps curl

2 sets, 10 reps (rest 1 min.)

DTP SUPERSET

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



Standing barbell overhead triceps extension

Perform with a dumbbell.

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



Seated dumbbell biceps curl

5 sets, 30, 25, 20, 15, 10 reps (rest 1 min.)

DTP SUPERSET

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



Decline EZ-bar skullcrusher

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



Spider Curl

5 sets, 10, 15, 20, 25, 30 reps (rest 1 min.)



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