

Day 26: Biceps, Calves

CABLE PREACHER CURL (WARM-UP SETS)

Use light weight and stop each set short of failure.



Cable EZ-Bar Preacher Curl

Use either an EZ-bar or a straight bar, depending on personal preference.

2 sets, 10 reps (rest 1 min.)



Cable EZ-Bar Preacher Curl

Use either an EZ-bar or a straight bar, depending on personal preference.

4 sets, 8-10 reps (rest 90 sec.)



Alternating incline dumbbell biceps curl

3 sets, 16-20 reps (alternating, 8-10 reps per side, rest 90 sec.)



Lying cable biceps curl

3 sets, 8-10 reps (rest 90 sec.)



EZ-bar spider curl

Either stretch or flex your biceps during your rest periods.

7 sets, 8-10 reps (rest 30 sec.)



Seated Calf Raise

3 sets, 20 reps (rest 90 sec.)



Calf Press On The Leg Press Machine

3 sets, 20 reps (rest 90 sec.)



Weighted donkey calf raise

Either stretch or flex your calves during your rest periods.

7 sets, 20 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