

Day 33: Arms

BARBELL CURL (WARM-UP SETS)

Use light weight and stop each set short of failure.



Barbell Curl

2 sets, 10 reps (rest 1 min.)

PAIRED SET

Perform the exercises in order with 1 min. of rest between exercises and sets.



Barbell Curl

5 sets, 10 reps (rest 1 min.)



EZ-Bar Curl

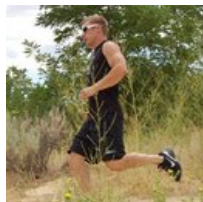
5 sets, 10 reps (rest 1 min.)



Triceps dip

Perform with bodyweight or use an assisted pull-up machine if necessary, or add weight if sets of 10 are too easy.

10 sets, 10 reps (rest 1 min.)



Trail Running/Walking

1 set, 15 min. Alternate 3 min. of walking with 1 min. of running, or perform other cardio of your choice.

1 set, 15 mins