

Day 54: Biceps, Triceps, Abs

DTP SUPERSET (WARM-UP SETS)

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



EZ-bar skullcrusher-
2 sets, 10 reps (no rest)



Hammer 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.



EZ-bar skullcrusher-
6 sets, 30, 25, 20, 15, 10, 5 reps (no rest)



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

DTP EXTREME SET

Perform reps as listed, resting for as many seconds as the number of reps you just performed.

**Incline Overhead Dumbbell Extensions**

- 1 set, 5 reps (rest 5 sec.)
- 1 set, 10 reps (rest 10 sec.)
- 1 set, 15 reps (rest 15 sec.)
- 1 set, 20 reps (rest 20 sec.)
- 1 set, 25 reps (rest 25 sec.)
- 1 set, 30 reps (rest 30 sec.)

DTP EXTREME SET

Perform reps as listed, resting for as many seconds as the number of reps you just performed.

**EZ-Bar Curl**

Use a neutral-grip bar if possible. See video for details.

- 1 set, 5 reps (rest 5 sec.)
- 1 set, 10 reps (rest 10 sec.)
- 1 set, 15 reps (rest 15 sec.)
- 1 set, 20 reps (rest 20 sec.)
- 1 set, 25 reps (rest 25 sec.)
- 1 set, 30 reps (rest 30 sec.)

DTP SUPERSET

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

**Overhead cable curl**

- 3 sets, 30, 20, 10 reps (no rest)

**Rope Press-Down**

- 3 sets, 30, 20, 10 reps (rest 1 min.)

DTP EXTREME SET

Perform reps as listed, resting for as many seconds as the number of reps you just performed.



Cable rope preacher hammer curl

1 set, 10 reps (rest 10 sec.)

1 set, 20 reps (rest 20 sec.)

1 set, 30 reps (rest 30 sec.)

DTP EXTREME SET

Perform reps as listed, resting for as many seconds as the number of reps you just performed.



Feet-elevated bench dip

1 set, 10 reps (rest 10 sec.)

1 set, 20 reps (rest 20 sec.)

1 set, 30 reps (rest 30 sec.)



Decline reverse crunch

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



Exercise ball knee roll-in

3 sets, 10, 20, 30 reps (rest 1 min.)



Swimming

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

1 set, 15 mins