

Pro workout

Day 6 / Saturday

notes :

start with light weights first then add more weights in the next reps

rest time between sets 1 minutes

rest time between exercises 2 minutes

https://youtu.be/GPwcjRKLClo	3 minute	warm up
https://youtu.be/zh9jYIKL5r4	1 minute	Stretch
https://youtu.be/c0L7dPGQX8Y	Sets 4 reps 10-8-6-6 weight	Biceps Dm Biceps curl with static hold
https://youtu.be/X2z1c4gW_RM	Sets 4 reps 20-15-15-15 Weight	Biceps Cable Biceps curl
https://youtu.be/qGdkF18f0fU	Sets 3 reps 10-10-10 Weight	Biceps hammer
https://youtu.be/l-7d7Y7BqBE	Sets 2 reps 20-20 weight 18-20 kg	Forearm Dm wrist curl

https://youtu.be/Pp370qisHSc	Sets 4 reps 15-12-10-8 weight	Triceps rope push down
https://youtu.be/2HMxRfP4G6Q	Sets 4 reps 12-10-8-8 weight	Triceps cable overhead extension
https://youtu.be/Yb8VhzX5O8s	Sets 4 reps 10-10-10-8 weight	Triceps reverse cable push down