

Arm day 1      90 minutes

Warmup	Walk 5 minutes
	Run 5 km
	Walk 5 minutes
Exercises	Bicep Curl 5 kg
	Hammer curl, 25 kg
	Side lateral raises 5 kg
	Tricep dumbbell kickbacks 10 kg
	Overhead press 3 x 20, 75 kg
	Tricep dips, 2 x 20
	Pull-ups, 3 x 100
	Push-ups, 3 x 100
Stretches	Eagle arms
	Reverse Prayer
	Modified reverse prayer
	Cow Face Pose
	Assisted side bend
	Fingers up and down stretch