

Arm day 2      90 minutes

Warmup	Walk 1 minutes
	Run 1 km
	Walk 1 minutes
Exercises	Bicep Curl 5 kg
	Weighted bench dip
	Inclined hammer curls
	Javelin press
	Seated Arnold Press
	Tricep dips, 2 x 20
	Rear delt fly
	Wrist curl
Cooldown	Sleep 10 minutes
	Yoga 10 minutes