

## Day 20 - Arms



### Pre-workout Feelings

How did you sleep last night?

\_\_\_\_\_

How did you eat so far today? POOR / OK / GOOD / GREAT

What is your energy level pre-workout? \_\_\_\_\_/10

Do you feel tightness/soreness anywhere? \_\_\_\_\_

### RESISTANCE

Exercise	Sets	Reps	Equipment	Intensity	Rest
Decline Seated Bicep Curls	3	10	bench, dumbbells	hard	60 sec
Standing Hammer Curls	3	10	dumbbells	hard	60 sec
Standing Barbell Curl	3	10	barbell	hard	60 sec
Lying Tricep Extensions	3	10	dumbbells	hard	60 sec
Rope Tricep Push-Down	3	10	high cable with rope attachment	hard	60 sec
Overhead Tricep Extensions	3	10	dumbbell or weight plate	hard	60 sec

### CARDIO - choose 1

Exercise	Intensity	Speed	Time
Uphill Treadmill Walking	7.0~10.0 incline	3.6 ~ 4.0mph	20mins
Stairclimber	65steps/min IF 2 at a time	95 steps per min IF 1 at a time	20mins

### NOTES

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