



Bi's & Tri's

Exercise	Sets	Reps
Dynamic Warm Up/Stretch (Run, Jump Rope, etc.)	1	5-10 mins
Alternating Curl	3	10 each side
Bench Press	4	10
Hammer Curl	3	12
Skull Crusher	3	12
Cable Pushdown	3	12

Load: For this workout, make sure to find your 1 rep max. Start light, work until it feels heavy. After you find your 1RM, use about 70-75% of that weight.

Rest: 30-45 seconds between sets. About 1-2 minutes between exercises.