

# GYM RETRO



## ARMS PROGRAM

### EXERCISE

### -SETS -REPS

### RECORDED WEIGHT

EACH EXERCISE HAS A YOUTUBE VIDEO LINK  
CLICK ON THE EXERCISE TO VIEW VIDEO

**CARDIO WARM UP**

**5 - MINS**

**PUSH UP + CLAP**

**10 REPS  
2-3 SETS**

**PLANK SUPERMANS**

**20 SECONDS  
L-R (2-3 SETS)**

**TRICEP PUSH DOWNS**

**10 REPS  
2-3 SETS**

**CABLE TRICEP EXT**

**10 REPS  
2-3 SETS**

**DUMBBELL TRICEP EXT**

**10 REPS  
2-3 SETS**

**DUMBBELL BICEP CURLS**

**10 REPS - L-R  
2-3 SETS**

**BICEP CURL**

**10 REPS  
2-3 SETS**

**SEATED ROW**

**10 REPS  
2-3 SETS**

**DIPS**

**10 REPS  
2-3 SETS**



Adobe Acrobat Reader

**TEXT 0409 248 686 - FOR A SUPPORT CALL BACK**