

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 - 10 MINS

 **TRICEP SKULL CRUSHERS**

**10 REPS
20 REPS 2 SETS**

 **CABLE TRICEP EXT**

**10 REPS
2-3 SETS**

 **DUMBBELL OVERHEAD EXT**

**10 REPS
2-3 SETS**

 **BENCH DIPS**

**15 REPS
2-3 SETS**

 **PULL UPS**

**10 REPS
2-3 SETS**

 **LYING BICEP CURLS**

**10 REPS
2-3 SETS**

 **STANDING BICEP CURLS**

**10 REPS
2-3 SETS**

 **DUMBBELL BICEP CURLS**

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



Adobe Acrobat Reader

TEXT 0409 248 686 - FOR A SUPPORT CALL BACK