

# GYM RETRO



## ARMS PUMP 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 PUSH DOWNS

10 REPS  
2 SETS

TRICEP STRETCH

40 - 60 SEC  
HOLD

BICEP CURLS

12 REPS  
1 SET

ASSISTED CHIN UPS

10 REPS  
2 SETS

OVER HEAD CABLE EXT

10 REPS  
2 SETS

PEC DECK

10 REPS  
2 SETS

BENCH DIPS

15 REPS  
1 SETS

CHEST PRESS

12 - 10 - 8 REPS  
3 SETS

PEC DECK

8 REPS  
1 SET

D/B BICEP CURL PRESS

8 REPS  
2 SETS



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