

Free Biceps and Triceps Workout

Exercise	Sets	Reps
Barbell Bicep Curl	4	20
Plate Preacher Curl	4	20
Alternating Dumbbell Bicep Curl	4	15/arm
Reverse Grip Triceps Pull down	4	20
Cable Attachment Triceps Pull down	4	20
Triceps Dips	4	20

Cardio: 30 minutes