

10 WEEKS TO FITNESS-DAY 60: BICEPS & ABS

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| 1) Hammer Cable Curls: | 4 Sets of 25, 20, 15, 10 Reps |
| 2) Barbell Curls: | 4 Sets of 25, 20, 15, 10 Reps |
| 3) Straight Bar Curl: | 4 Sets of 25, 20, 15, 10 Reps |
| 4) Cable Curls: | 4 Sets of 25, 20, 15, 10 Reps |
| 5) Seated Cable Curl: | 4 Sets of 25, 20, 15, 10 Reps |
| 6) TRX Mountain Climbers: | 3 Sets of 50 Reps |
| 7) TRX Side-To-Side Oblique: | 3 Sets of 50 Reps |
| 8) TRX Pike: | 3 Sets of 50 Reps |