

10 WEEKS TO FITNESS-DAY 64: BICEP & TRICEP

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| 1) One Arm Bicep Curl: | 4 Sets of 25, 20, 15, 10 Reps |
| 2) One Arm Tricep Extension: | 3 Sets of 30, 20, 10 Reps |
| 3) Preacher Curl: | 4 Sets of 25, 20, 15, 10 Reps |
| 4) Tricep Dips: | 4 Sets of 25, 20, 15, 10 Reps |
| 5) Alternating Hammer Curl: | 3 Sets of 30, 20, 10 Reps |
| 6) Alternating Tricep Extension: | 3 Sets of 30, 20, 10 Reps |