

[Free Triceps and Bicep Workout](#)

[Superset: A&B](#)

Exercise	Sets	Reps
Cable Triceps Pulldown (rope attachment)-A Alternating Bicep Dumbbell Curls-B	4	8-12 Heavy
Seated Overhead Triceps Extension (kettle bell or dumbbell)-A Seated Cable Bicep Curls-B	4	8-12 Heavy
Standing Bent Over Dumbbell Triceps Extensions-A Dumbbell Hammer Biceps Curls-B	4	8-12 Heavy
Machine Triceps Dip-A Machine Bicep Preacher Curl-B	4	8-12 Heavy
Medicine Ball Ab Crunches-A Medicine Ball Bicycle Ab twists-B	4	20

Cardio: 30 minutes

Superset: A superset is completing TWO exercises in a row without resting.

So in today's workout, you will Superset exercises A & B in each block. So start with Cable Triceps Pulldown (A) and complete 8-12 reps (with heavy weight) and then go right to Alternating Bicep Dumbbell Curls and do 8-12 reps (each arm) heavy. That will be one set. You will then rest for about 60 seconds and do that same sequence 3 more times and move on to the next set of superset exercises.