

## **Free Bicep/Tricep Workout 3**

### **Superset A&B**

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>
<b>Cable straight bar curl-A with the negative Tricep overhead extension-B</b>	<b>4</b>	<b>15</b>
<b>Preacher curl-A with the negative Tricep machine dips-B</b>	<b>4</b>	<b>15</b>
<b>Single arm cable bicep curl-A-with the negative Single arm cable tricep extension-B</b>	<b>4</b>	<b>15</b>
<b>Cable Hammer bicep curl-A-with the negative Kneeling cable tricep extension-B</b>	<b>4</b>	<b>15</b>

**Cardio: 30 minutes**

**Superset:** Is a technique in which you do two exercises back to back with no rest.

**3 Second Negatives:** I want you to slowly bring the weight back down to starting position over a 3 second count. Don't rush it down, go slow and controlled to make the muscles work. Make sure to hold each rep at the top for 2-3 seconds to keep the muscles contracted.