

Free Bicep and Tricep Workout 2

Exercise	Sets	Reps
Cable Bicep curls	5	15,18,21,18,15
Cable Bicep Curl (in squatted position)	5	15,18,21,18,15
Cross Body Alternating Dumbbell Curl	5	15,18,21,18,15
Straight Bar Cable Tricep Pulldown	4	15,18,21,25
Barbell Tricep Skullcrusher	4	15,18,21,25
Rope Attachment Overhead Tricep Extension	4	15,18,21,25

Cardio: 30 minutes

***** Today's workout works a ladder for the Bicep exercises. You will do 5 sets, but the 5 sets go like this: set 1 is 15 reps, set 2 is 18 reps, set 3 is 21 reps, set 4 is 18 reps and the final set is 15 reps. Then you move on to the next Bicep exercise. You DO NOT go through that entire ladder of all those reps 5 different times.**

For Triceps you will do 4 sets and it goes the same way, set 1 is 15 reps, set 2 is 18 reps, set 3 is 21 reps and the final set is 25 reps, then move to the next exercise.