

30 Day Fitness Challenge

Day 18: Legs and Biceps

Exercise	Sets	Reps
Cable Hamstring Bridge	6	15,12,10,10,12,15
Smith Machine Squats, Plate assist	6	15,12,10,10,12,15
Hack Squats	6	15,12,10,10,12,15
Dumbbell Straight Leg Dead Lifts	6	15,12,10,10,12,15
Bent Over Biceps Curls	6	15,12,10,10,12,15
Seated Dumbbell Hammer Curls	6	15,12,10,10,12,15
Barbell Spider Curls	6	15,12,10,10,12,15

Cardio: 35 minutes

NOTE: SET 1 =15 reps, SET 2 = 12reps, SET 3 = 10reps, SET 4 = 10reps, SET 5 = 12reps, and SET 6 = 15reps. It is a pyramid week of sets. You go up the pyramid and go back down and then DONE. DO NOT repeat all those set/reps 6 times.



