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Workout plan 1

Day 3: Biceps, Triceps, Abs

Warm up

- start with 5 minutes of cardio of your choice
- move into some bicep stretches, followed by some tricep stretches
- warm-up set of 1/3 of your working weight for bicep curls and skull crushers for approximately 10 reps
- move into another set of bicep stretches and then some tricep stretches
- warm-up set of 2/3's of your working weight for bicep curls and skull crushers for approximately 10 reps
- take about a minute rest

Strength Superset

- 3 working sets of bicep barbell curls + skull crushers in the 5-8 rep range. Take approximately 1-1 1/2 min rest in between sets
- take about a minute rest after final set

High intensity Superset

- 3 total sets of 10-12 reps.
 - preacher curls + overhead dumbbell tricep press
- Take only 30-45 seconds rest in between sets.

High intensity superset

- 3 total circuits of 10-12 reps
 - rope hammer curls + rope tricep pushdowns
- Take only 30-45 seconds rest in between sets

Abs

- 3 sets of 10-12 reps (ideally to failure each set)

Cardio

- To finish this workout do 15 minutes of cardio of your choice.