

Warm up

Chin ups: 2 – 2 – 2 – 2 - 2

Sit ups: 5 – 8 – 7 – 7 - 8

Push ups: 3 – 5 – 5 – 5 - 5

Squats: 4 – 4 – 4 – 4 - 4

Arme

EZ Biceps Curl 4x10-12: 16-18-20

Close grip BP: 20 – 24 – 26

45° dumbbell curl: 10 – 10 – 12 – 12

45° dumbbell triceps: 10 – 10 – 12 – 12

45° Hammer Curl: 10 – 10 – 12 – 12

45° Pecto & Renegade Rows: 18-20-24

Dumbbell scull crusher: 10 – 10 – 10 - 10

B1 & Military: 12/14/16

Pull Down: 60-65-70

Triceps: 30-35-40

Triceps m. tov: 30-32-35

Triceps pushdowns 4x10-12

Final approach

21' ones & Dips: 5 – 6 - 7