

DAY 5—ARMS AND ABS

EXERCISE	SETS/REPS	COMMENT
Cardio	15 Minutes <input type="checkbox"/>	Steady-state upon waking
Triceps Extensions	3 Sets - 15 Reps / Set <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	CIRCUIT COMBO triceps extensions and cable curls, resting 1 minute between each superset
Cable Curls	3 Sets - 15 Reps / Set <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Lying Triceps Extensions (Skullcrushers)	3 Sets - 15 Reps / Set <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	CIRCUIT COMBO: lying triceps extensions with neutral-grip barbell curls, and rest 1-2 minutes between sets
Neutral-Grip Barbell Curls	3 Sets - 15 Reps / Set <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Bench Dips	3 Sets - Failure <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest 1 - 2 minutes between sets
Dumbbell Curls	3 Sets - 15 Reps / Arm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest 1 - 2 minutes between sets
Lying Leg Raises	5 Sets - 20 Reps / Set <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	SUPERSET lying leg raises and crunches, resting 30-40 seconds between each superset
Crunches	5 Sets - 20 Reps / Set <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

NOTES:
