

# DAY 26—ARMS AND ABS

EXERCISE	SETS/REPS	COMMENT
Cardio	25 + 10 minutes <input type="checkbox"/>	Upon waking perform 25 minutes of steady-state cardio followed immediately by 10 minutes of HIIT for 20 seconds on/40 seconds off
Lying Cable Curls	5 Sets - 50/40/30/20/10 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Using my DTP technique. Rest 90 seconds between sets
Barbell Curls	5 Sets - 10/15/20/25/30 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Using my DTP technique. Rest 90 seconds between sets
Triceps Cable Pushdowns	5 Sets - 50/40/30/20/10 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Using my DTP technique. Rest 90 seconds between sets
Skull Crushers	5 Sets - 10/15/20/25/30 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Using my DTP technique. Rest 90 seconds between sets
Hanging Leg Raises	5 Sets - Failure <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	SUPERSET: Perform as many hanging leg raises as you can to failure, then switch to hanging knee raises without resting. Then rest 90 seconds before performing the next superset
Hanging Knee Raises	5 Sets - Failure <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Lying Leg Raises	5 Sets - Failure <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	SUPERSET: Perform as many lying leg raises as you can to failure, then switch to lying knee ups without resting. Then rest 90 seconds before performing the next superset
Lying Knee Ups	5 Sets - Failure <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Cardio	25 + 15 minutes <input type="checkbox"/>	Perform 25 minutes of steady-state cardio followed by 15 HIIT cardio sessions of 20 seconds on/40 seconds off