

DAY 33—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 60 seconds on /60 seconds off
Cable Curls	3 Sets - 15 Reps <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	CIRCUIT: You'll perform each of 4 exercises for 15 reps without resting (cable curls, alternating dumbbell curls, plate hammer curls, barbell curls). After you complete all 4 rest for 2-3 minutes before the next circuit
Alternating Dumbbell Curls	3 Sets - 15 Reps <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Plate Hammer Curls	3 Sets - 15 Reps <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Barbell Curls	3 Sets - 15 Reps <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Triceps Cable Extensions	3 Sets - 15 Reps <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	CIRCUIT: You'll perform each of 5 exercises for 15 reps without resting (triceps cable extensions, overhead rope extensions, incline barbell extensions, bench dips, close-grip pushups). After you complete all 5 exercises rest for 2-3 minutes before the next circuit
Overhead Rope Extensions	3 Sets - 15 Reps <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Incline Barbell Extensions	3 Sets - 15 Reps <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Bench Dips	3 Sets - 15 Reps <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Close-Grip Pushups	3 Sets - 15 Reps <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

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Banded Leg Raises	3 Sets - 15 Reps <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	SUPERSET: Perform a set of banded leg raises followed immediately by pike sit-ups with a bar; then rest for 1 minute between supersets
Pike Sit-Ups With A Bar Or Stick	3 Sets - 15 Reps <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Crossover V-Ups	1 Sets - 15 Reps per Side <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Alternate sides for a total of 30 reps
Bicycle Crunches	1 Sets - 15 Reps per Side <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Alternate sides for a total of 30 reps
Cardio	25 + 15 Minutes <input type="checkbox"/>	Perform 25 minutes of steady-state cardio followed by 15 minutes of HIIT cardio sessions of 60 seconds on/60 seconds off

NOTES:
