

DAY 47-ARMS AND CALVES

EXERCISE	SETS/REPS	COMMENT
Cardio	40 + 10 minutes	Perform 40 minutes of steady-state cardio followed immediately by 10 minutes of HIIT cardio with 30 seconds on/30 seconds off intervals
Cable Curls	3 Sets - 20 Reps	SUPERSET 1: Perform a set of cable biceps curls followed immediately by rope triceps extensions. Rest 2 minutes between supersets
Rope Triceps Extensions	3 Sets - 20 Reps	
Overhead Triceps Extensions	4 Sets - 15 Reps	SUPERSET 2: Perform a set of overhead triceps extensions followed immediately by barbell curls. Rest 2 minutes between supersets
Barbell Curls	3 Sets - 15 Reps	
Lying Triceps Extensions	3 Sets - 10-15 Reps	SUPERSET 3: Perform a set of lying triceps extensions followed immediately by standing dumbbell curls. Rest 2 minutes between supersets
Standing Dumbbell Curls	3 Sets - 10-15 Reps	
Seated Calves Raises + Standing Calves Burnouts	3 Sets -20+failure + failure	After 20 reps, go to failure with seated calves raises. Then stand and perform standing calves raises to failure
Cardio	40 + 10 Minutes	Perform 40 minutes of steady-state cardio followed immediately by 10 minutes of HIIT cardio with 30 seconds on/30 seconds off intervals