

DAY 68—DTP ARMS & CALVES

EXERCISE	SETS/REPS	COMMENT
Cardio	60 Minutes	
Cable Curls	5 Sets - 50/40/30/20/10 Reps	Superset: Cable Curls, Triceps Rope Extension
Triceps Rope Extension	5 Sets - 50/40/30/20/10 Reps	
Standing Barbell Curls	5 Sets - 10/20/30/40/50 Reps	Superset 2: Standing Barbell Curls, Overhead Triceps Extension
Overhead Triceps Extension	5 Sets - 10/20/30/40/50 Reps	
Calf Press on Leg Press	1 Sets - 30 Reps	
Cardio	60 Minutes	

NOTES:
