DAY 75—DTP ARMS

EXERCISE	SETS/REPS	COMMENT
Cardio	60 Minutes	Remember to separate the two cardio sessions by seven hours minimum.
Narrow Grip Barbell Curls	5 Sets - 30/25/20/15/10 Reps	Superset 1: Narrow Grip Barbell Curls, Lying Triceps Extensions
Lying Triceps Extension	5 Sets - 30/25/20/15/10 Reps	
Wide Grip Barbell Curls	5 Sets - 10/15/20/25/30 Reps	Superset 2: Wide Grip Barbell Curls, Incline Triceps Extension
Incline Triceps Extension	5 Sets - 10/15/20/25/30 Reps	
Hanging Leg Raises	3 Sets - Failure	Superset 3: Hanging Leg Raises, Single Leg Calve Raises
Single Leg Bodyweight Calve Raises	3 Sets - 30 Reps	
Cardio	60 Minutes	

NOTES: