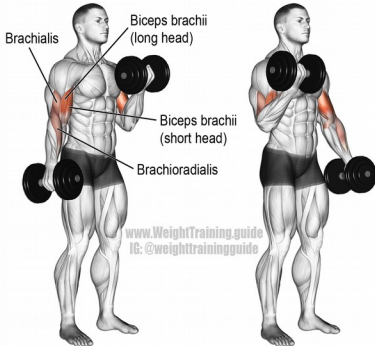






- **Dumbbell alternate curl (biceps)**

- Alternative exercise: **dumbbell concentration curl**
- Alternative exercise: **chin-up** (like pull ups but palms facing you), wide or normal grip



Alternative exercise: **dumbbell concentration curl**

**Goal: 12kg each arm**

Date														
Max weight	6													

- **EZ bar curl (biceps)**

- **Only do one biceps exercise per training session**
- Lift up to 90° to your chest
- Can also be done on a machine to rest your upper arms, seated: preacher curl



- *Tip: alternate between normal and pronated (reverse grip)*







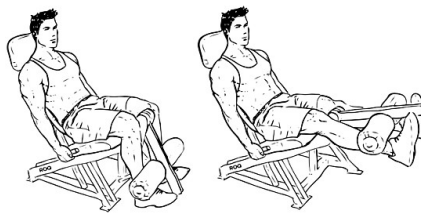


# Weekends (legs + abs)

- Warm-up: 10 min jogging at 10+ km/h

Pick any among the following exercises:

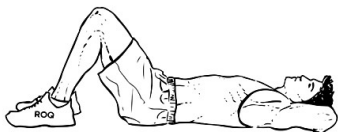
- **Squats**
  - 2 min breaks
- **Leg press**
  - 45° angle
  - 4 sets of 12 reps
  - 2 min breaks



WorkoutLabs.com

*Leg extensions*

- **Leg extensions**
- **Dips**
- **Crunches**



WorkoutLabs.com