AT HOME WORKOUTS (FULL EQUIPMENT) TRAINING BLOCK 1: WEEKS 1-3

DAY 5: FRIDAY - ARMS/ABS

*Rest 45-60 seconds between sets unless otherwise noted

	EXERCISE	SETS	REPS/TIME
•	UPPER BODY WARMUP		
	ÇIANT SET		
0	- Barbell Spider Curl	3	10-12
0	- Incline Dumbbell Curl	3	10-12
0	- Standing Barbell Curl	3	10-12
0	Resistance Band Curl	3	30 seconds
	ÇIANT SET		
0	 Lying Dumbbell Triceps Extension 	3	10-12
0	- Neutral Grip Dumbbell Press	3	10-12
0	- Bench Dip	3	12-15
0	Resistance Band Overhead Triceps Extension	3	30 seconds
	ÇIANT SET		
0	- Bench Tuck Up	3	20
0	Lying Leg Raise/Butt Up Combo	3	10-12
0	- Crab Reach	3	10 (each side)
0	Scissor Kicks	3	50 (total)
0000	- Standing Barbell Curl Resistance Band Curl GIANT SET - Lying Dumbbell Triceps Extension - Neutral Grip Dumbbell Press - Bench Dip Resistance Band Overhead Triceps Extension GIANT SET - Bench Tuck Up - Lying Leg Raise/Butt Up Combo - Crab Reach	3 3 3 3 3 3 3	10-12 30 seconds 10-12 10-12 12-15 30 seconds 20 10-12 10 (each side)