

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		
GIANT SET		
▶ Barbell Spider Curl	3	10-12
▶ Incline Dumbbell Curl	3	10-12
▶ Standing Barbell Curl	3	10-12
▶ Resistance Band Curl	3	30 seconds
GIANT SET		
▶ Lying Dumbbell Triceps Extension	3	10-12
▶ Neutral Grip Dumbbell Press	3	10-12
▶ Bench Dip	3	12-15
▶ Resistance Band Overhead Triceps Extension	3	30 seconds
GIANT SET		
▶ Bench Tuck Up	3	20
▶ Lying Leg Raise/Butt Up Combo	3	10-12
▶ Crab Reach	3	10 (each side)
▶ Scissor Kicks	3	50 (total)