



TRAINING PLAN DAY 19

ARMS

Warm up -

-Cardio treadmill 15-20 minutes.

Control intensity accordingly to your level.

- As a beginner you can choose normal walk
- If you are an intermediate.

You can make the splits like - 4-1 x 4 (4 minutes normal walk and 1 minute medium intensity running)

- If you an advance level person. you can go with 2-1 X 5 or 2-1 x 6.

I will be going with 2-1x6 pattern.

UPPER BODY WARMUP

- Banded rotator cuff warm-up.
- Banded biceps curls.
- Banded chest squeeze
- banded triceps push down

EXERCISE 1 PREACHER CURL

Set 1 – Medium intensity (12-15 reps)

Set 2 – High intensity (10-12 reps)

Set 3 – High intensity (8-10 reps)

EXERCISE 2 DUMBBELL CURL AND HAMMER CYRL

Set 1 – Medium intensity (12+10 reps)

Set 2 – High intensity. (12+15 reps)

Set 3 – High intensity. (10+12 reps)

EXERCISE 3 TRICEP PUSH DOWN

Set 1 - Medium intensity (12-15 reps)

Set 2 – High intensity (12-15 reps)

Set 3 – High intensity (10-12 reps)

EXERCISE 4 OVERHEAD ROPE EXTENSIONS

Set 1 – Medium intensity (15 reps)

Set 2 – High intensity (15 reps)

Set 3 – High intensity (15 reps)

EXERCISE 5 SEATED OVERHEAD DUMBBELLS

Set 1 – Medium intensity (15 reps)

Set 2 – High intensity (15 reps)

Set 3 – High intensity (15 reps)