



## **TRAINING PLAN DAY 41**

### **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 are an advanced 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 (12-15 reps)
- Set 3 – High intensity (10+8 reps)
- Set 3 – High intensity (10+8 reps)

#### **EXERCISE 2 INCLINE DUMBBELL CURL**

- Set 1 – Medium intensity (12+6 reps)
- Set 2 – High intensity. (12+8 reps)
- Set 3 – High intensity. (12+8 reps)

#### **EXERCISE 3 SINGLE ARM HAMMER CURL**

- Set 1 - Medium intensity (15+15reps)
- Set 2 – High intensity (15+15 reps)
- Set 3 – High intensity (12+12 reps)

#### **EXERCISE 4 TRICEP PUSH DOWN**

- Set 1 – Medium intensity (15 reps)
- Set 2 – High intensity (15 reps)
- Set 3 – High intensity (15 reps)

#### **EXERCISE 5 OVERHEAD TRICEP EXTENSION**

- Set 1 – Medium intensity (15 reps)
- Set 2 – High intensity (15 reps)
- Set 3 – High intensity (15 reps)
- Set 4 – High intensity (15 reps)
- Set 5 – High intensity (15 reps)
- Set 6 – High intensity (15 reps)
- Set 7 – High intensity (15 reps)