

Session 1	Exercise	SetsxReps	Comments	Rest Period
	Tricep Pushdowns	4x10		
	superset with			
	Dips	4xMax	Max or 20 whatever comes first. If 20 is easy on all sets add weight next week	1-2m
	Diamond Push Ups	4xMax	Max or 20 whatever comes first	
	superset with			
	Hammer Curls	4x6	Heavy	1-2m
Session 2	Formarm Curls	2x25		30s
	Exercise	SetsxReps	Comments	Rest Period
	Tricep Pushdowns	100 reps	1 set	N/A
	Barbell Curls	100 reps	Try not to drop the bar	N/A

Session 3	Exercise	SetsxReps	Comments	Rest Period
	Incline Bicep Curls	4x10		
	superset with			
	Barbell Curls	4x10	Max or 20 whatever comes first. If 20 is easy on all sets add weight next week	1-2m
	Underhand Pull Ups	4xMax	Max or 20 whatever comes first	
	superset with			
	DB Tricep Press	4x6	Heavy	1-2m
Session 4	Exercise	SetsxReps	Comments	Rest Period
	Hammer Curls	2x20second hold + 20 reps	20 second hold in a isometric positon, 20 reps then 20 second hold	1m
	Skull Crushers	2x20second hold + 20 reps	20 second hold in a isometric positon, 20 reps then 20 second hold	1m
	Formarm Curls	2x25		30s

Each week just looking to increase the weight if possible.