

Day 1 – Shoulders/Bicep/Tricep

Exercise	Weight	Date									
Warm up:											
<u>Dumbbell Bicep Curls with Hammer</u> 3 sets of 15 reps(each arm)											
<u>Seated Overhead Tricep Extension w/ Dumbbells</u> 3 sets of 15 reps											
<u>Preacher Curls with Dumbbells</u> 3 sets of 15 reps											
<u>Dips</u> 3 sets of 15 reps											
<u>Shoulder Press with Dumbbells</u> 3 sets of 15 reps											
<u>Alt Front & Side Raise with Dumbbells</u> 3 sets of 15 reps											
<u>Inclined Sit up</u> 3 sets to 15 reps											
<u>Back Extension</u> 3 sets of 15 reps											
<u>Cool down</u>											

Notes:

