CAstro Barreira José- Cazé

ABS workout

Workout Log

**Start Date:**

**My Stats**

Name:

Age:

Weight:

Bf%:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|   Exercise | Sets | Reps | Weight | Time | Rest period |
| **BICEPS:** |
| 1. 21's - EZ bar curls(Wide grip: 7 half reps. 7 half reps. 7 full reps.) | 12345 | 10 – 1210 – 1210 – 1210 – 1210 – 12 |  |  | 45 seconds |
| 2. Single Arm Concentrated Curls | 123 | 10 – 1210 – 1210 – 12 |  |  | 45 seconds |
| 3. Seated Close Grip EZ Bar Curls | 123 | 101010 |  |  | 45 seconds |
| 4. FST-7 SET! Cable Hammer Curls With Rope (Turnout at the top) | 1234567 | 10 – 1210 – 1210 – 1210 – 1210 – 1210 – 1210 – 12 |  |  | 45 seconds |
| **TRICEPS:** |
| 1. Tricep Cable Rope Push Downs (Turn out out the bottom to work the outer tricep) | 1 (warm up)2 (warm up)1234 | 12 - 1512 – 1510 – 1210 – 1210 – 1210 – 12 |  |  | 45 seconds |
| 2. Tricep Cable Rope Push Downs (Keep hands together at the bottom) | 1234 | 10 – 1210 – 1210 – 1210 – 12 |  |  | 45 seconds |
| 3. FST-7 SET! Single Arm Cable Pushdowns | 1234567 | 10 – 1210 – 1210 – 1210 – 1210 – 1210 – 1210 – 12 |  |  | 30 seconds |