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.) | 1  2  3  4  5 | 10 – 12  10 – 12  10 – 12  10 – 12  10 – 12 |  |  | 45 seconds |
| 2. Single Arm Concentrated Curls | 1  2  3 | 10 – 12  10 – 12  10 – 12 |  |  | 45 seconds |
| 3. Seated Close Grip EZ Bar Curls | 1  2  3 | 10  10  10 |  |  | 45 seconds |
| 4. FST-7 SET!Cable Hammer Curls With Rope (Turnout at the top) | 1  2  3  4  5  6  7 | 10 – 12  10 – 12  10 – 12  10 – 12  10 – 12  10 – 12  10 – 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)  1  2  3  4 | 12 - 15  12 – 15  10 – 12  10 – 12  10 – 12  10 – 12 |  |  | 45 seconds |
| 2. Tricep Cable Rope Push Downs (Keep hands together at the bottom) | 1  2  3  4 | 10 – 12  10 – 12  10 – 12  10 – 12 |  |  | 45 seconds |
| 3. FST-7 SET! Single Arm Cable Pushdowns | 1  2  3  4  5  6  7 | 10 – 12  10 – 12  10 – 12  10 – 12  10 – 12  10 – 12  10 – 12 |  |  | 30 seconds |