



Name: \_\_\_\_\_

**A** Biceps/Triceps/Forearms

Post-Workout Supplemental - Strength Endurance

				Date			Date			Date		
	Movement	Reps	Tempo									
A1	30-Degree Incline Dumbbell Curl, Supinating	6-8	3010									
Rest	15 seconds											
A2	60-Degree Incline Hammer Curl, Thick Grip	8-10	3010									
Rest	15 seconds											
A3	Seated Dumbbell Zottman Curl, Unsupported	10-12	3010									
Rest	90 seconds											
B1	Dumbbell Squeeze Press, Neutral Grip	6-8	3110									
Rest	15 seconds											
B2	30-Degree Incline Dumbbell Extension, Neutral	10-12	3110									
Rest	10 seconds											
B3	Close-Grip Pushup	15-18	2010									
Rest	90 seconds											

**B** Biceps/Triceps/Forearms

Post-Workout Supplemental - Strength Endurance

				Date			Date			Date		
	Movement	Reps	Tempo									
A1	Prone 60-Degree Dumbbell Curl, Supinating	10	4010									
Rest	10 seconds											
A2	60-Degree Incline Dumbbell Curl, Supinated	10	4010									
Rest	10 seconds											
A3	Standing Barbell Curl, Mid Grip	10	4010									
Rest	75 seconds											
B1	30-Degree Incline Tate Press	10	3110									
Rest	10 seconds											
B2	Standing 2-Arm DB Extension (single dumbbell)	12-15	20X1									
Rest	10 seconds											
B3	Band Pushdown	failure	2010									
Rest	75 seconds											

**ALL TOGETHER  
ALL STRONGER**