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Strength Programme Card

ARM WORKOUT

STRENGTH PROGRAMME CARD

ARM WORKOUT

EXERCISES	Sets/Reps	Progression	Regression
		Sets/Reps	Sets/Reps
Warm Up	5 mins on Any Cardio Machine	N/A	N/A
Barbell Bicep Curl	1 x 15-20 reps 3 x 10 reps	Use Dumbbells	Lighter weight
Hammer Curl	3 x 10 reps	10, 8, 6 reps getting heavier	Lighter Weight
Tricep Dips	3 x 15 reps	More Reps Longer Legs	Less Reps Shorter legs
Cable Tricep Pressdown	3 x 15 reps	15, 12, 10, 10 getting heavier	Drop Set

NOTE: If you require any help please ask a Lincs Inspire Instructor

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