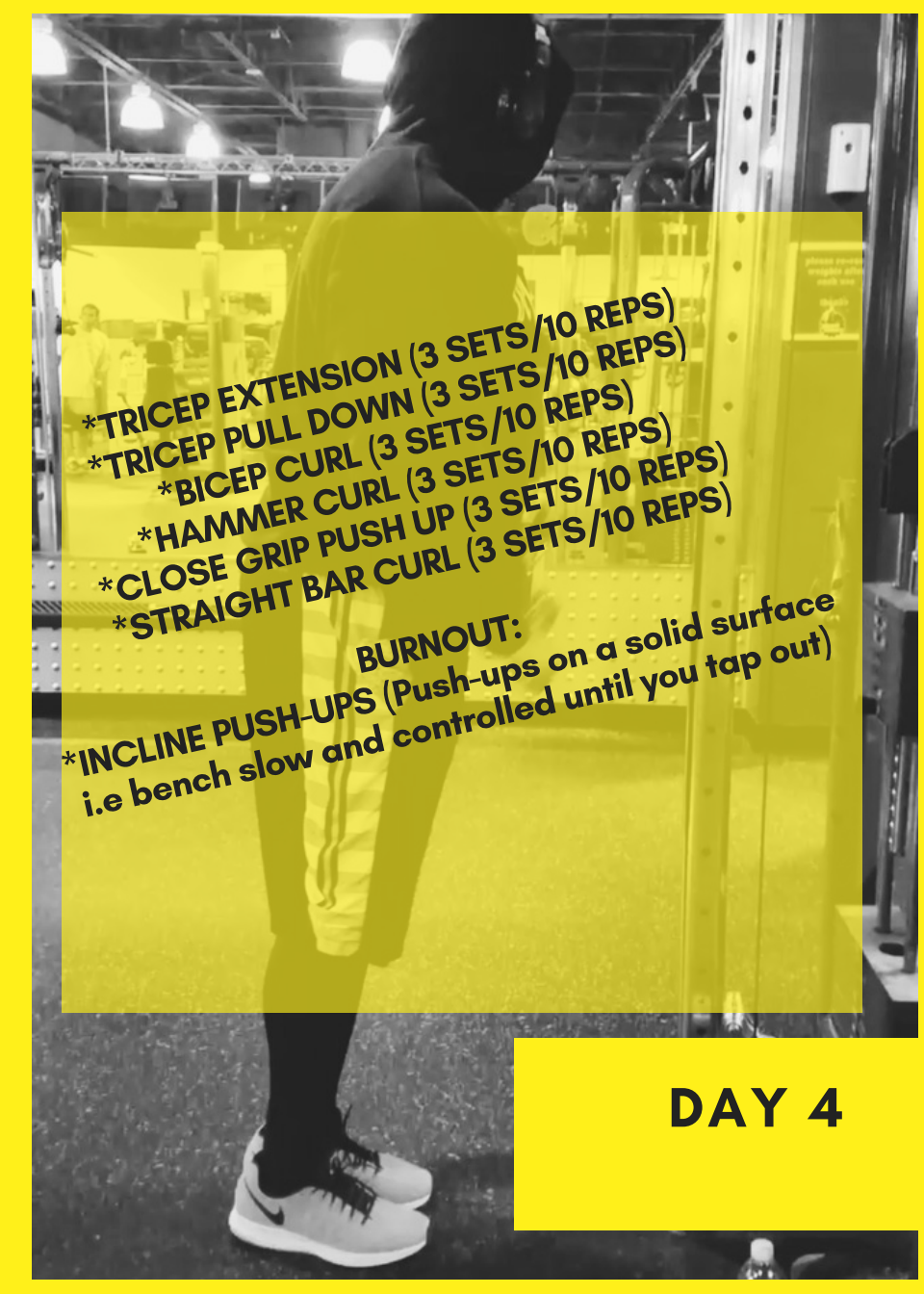


- 
- \*TRICEP EXTENSION (3 SETS/10 REPS)
  - \*TRICEP PULL DOWN (3 SETS/10 REPS)
  - \*BICEP CURL (3 SETS/10 REPS)
  - \*HAMMER CURL (3 SETS/10 REPS)
  - \*CLOSE GRIP PUSH UP (3 SETS/10 REPS)
  - \*STRAIGHT BAR CURL (3 SETS/10 REPS)

**BURNOUT:**  
\*INCLINE PUSH-UPS (Push-ups on a solid surface  
i.e bench slow and controlled until you tap out)

**DAY 4**