

BI + TRI WORKOUT

WORKOUT WEDNESDAY

2 x 20 Reverse Forearm Lifts

Biceps

4 x 14-16 Barbell curls

3 x 14-16 Preacher curl machine

Superset

3 x 16 Hammer Curls + 16 Tricep Pushdowns (with rope)

Triceps

3 x 14 Seated Dumbbell Triceps Extension

4 x 16 Reverse Grip Tricep Extension

