

Total Upper-Arm Workout Routine #1

Date: _____ Time Started: _____ Warm-up/Stretch
 Weight: _____ Time Finished: _____ Cooldown/Stretch

EXERCISE	Weight (lbs.)	Reps	Notes
Seated Dumbbell Curls			
SET 1 (Warm-Up Set)		12	Increase weight with each set.
SET 2		10	
SET 3		8	
Single Arm Cable Biceps Curls			
SET 1		15	2nd set should be heavier than set 1 or 3.
SET 2		10	
SET 3		12	
Triceps Pushdowns			
SET 1		10	Increase weight with each set.
SET 2		10	
SET 3		8	
Bench Dips			
SET 1		12	One minute rest between sets.
SET 2		12	
SET 3		10	

Supplement Schedule

HYDROXYCUT®: Take 3 capsules with an 8 oz. glass of water 3 times daily, approximately 30 to 60 minutes before meals (preferably before breakfast, lunch, and dinner). Carefully read the entire label before use.

Cardio: _____ Time: _____ Calories burned: _____
 Cardio: _____ Time: _____ Calories burned: _____

Supplements Used

Total Upper-Arm Workout Routine #2

Date: _____ Time Started: _____ Warm-up/Stretch
 Weight: _____ Time Finished: _____ Cooldown/Stretch

EXERCISE	Weight (lbs.)	Reps	Notes
Seated Dumbbell Curls			
SET 1 (Warm-Up Set)		12	Increase weight with each set.
SET 2		10	
SET 3		10	
Single Arm Cable Biceps Curls			
SET 1		10	Rest 45 seconds between each set, each set consists of specified reps on each arm.
SET 2		10	
SET 3		10	
Triceps Pushdowns			
SET 1		10	Last 2 sets should be the same weight, 1st set should be lighter.
SET 2		10	
SET 3		10	
Bench Dips			
SET 1		12	One minute rest between sets.
SET 2		10	
SET 3		10	

Supplement Schedule

HYDROXYCUT®: Take 3 capsules with an 8 oz. glass of water 3 times daily, approximately 30 to 60 minutes before meals (preferably before breakfast, lunch, and dinner). Carefully read the entire label before use.

Cardio: _____ Time: _____ Calories burned: _____
 Cardio: _____ Time: _____ Calories burned: _____

Supplements Used

