

Triceps & Biceps Workout	Set 1 Weight/Reps	Set 2 Weight/Reps	Set 3 Weight/Reps	Set 4 Weight/Reps
One Arm Rubber band Tricep Pressdown				
Rubber band Tricep kickbacks				
Standing Rubber band Bicep Curls				
Standing Rubber band Reverse bicep curls				
12" Rubber band Concentration Curls				
Behind the back Rubber band Wrist curls				
Seated Single arm over the knee wrist curls 12" band				
Seated Reverse Single arm over The knee wrist curls 12" band				
Grip Springs				

O - Orange = 5-15 lbs
 AR – Alt. Red = 15-20 lbs
 R - Red = 20-35 lbs
 B - Black = 30-50 lbs
 P - Purple = 40-80 lbs
 G - Green = 50-120 lbs
 Bl – Blue = 60-150 lbs