Ready for summer

Beginner | 11 min

1		Reverse Barbell Curl Barbell	30 Seconds
	Rest		30 Seconds
2		Triceps Kickbacks Dumbbell	30 Seconds
	Rest		30 Seconds
3		Alternate front raise Dumbbell	x30 Reps
	Rest		30 Seconds
4		Tricep bench dips Bench / Chair	30 Seconds
	Rest		30 Seconds
5		Barbell Curls Barbell	30 Seconds
	Rest		30 Seconds

Copyright Passion4Profession 2026. All rights reserved.

6



Dumbbell lateral raises

Dumbbell

x30

Reps

Rest 30 Seconds

7



Tricep bench dips

Bench / Chair

30

Seconds

Rest 30 Seconds

8



Alternating Hammer Curls

Dumbbell

30

Seconds

Rest 30 Seconds

9



Dumbbell Triceps Extension

Dumbbell

30

Seconds

Rest 30 Seconds

10



Rear raise

Dumbbell

x30

Reps

Copyright Passion4Profession 2026. All rights reserved.



P4P

This is the workout in PDF. In the app you live the full experience.

Here you have the technical structure. In the app you find a richer, more dynamic and more vivid experience.

- 🎬 Video guide with complete animations
- 🎵 Proprietary music to train better
- ⚙️ Customizable timer and settings
- 📅 Progressive plans for 30, 60 and 90 days
- ✨ New workouts generated with artificial intelligence

Download the app

Copyright Passion4Profession 2026. All rights reserved.