The Challenge

Intermediate | 5 min

1		**Reverse Barbell Curl** Barbell	**40** Seconds
	Rest		**20 Seconds**
2		**Seated Alternating Curl** Bench / Chair	**40** Seconds
	Rest		**20 Seconds**
3		**Concentration Curl** Dumbbell	**20** Seconds
	Rest		**20 Seconds**
4		**Triceps Kickbacks** Dumbbell	**40** Seconds
	Rest		**20 Seconds**
5		**Tricep bench dips** Bench / Chair	**40** Seconds
	Rest		**20 Seconds**

Copyright Passion4Profession 2026. All rights reserved.

6		**Barbell Wrist Curls** Barbell	**40** Seconds

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.