

HubermanGym — Workout Report

Arms, Neck & Calves — Friday, 26 June 2026

Barbell Curl

Target: 3 × 8-10 | Tempo: 2-1-2-0 | Rest: 60s

Not completed

Tricep Dips

Target: 3 × 8-12 | Tempo: 2-1-1-0 | Rest: 90s

Not completed

Hammer Curl

Target: 3 × 10-12 | Tempo: 2-1-2-0 | Rest: 60s

Not completed

Skull Crushers

Target: 3 × 10-12 | Tempo: 2-1-1-0 | Rest: 60s

Not completed

Calf Raises

Target: 4 × 12-15 | Tempo: 2-1-2-1 | Rest: 60s

Not completed

Neck Curl / Extension

Target: 3 × 15-20 | Tempo: 2-1-2-0 | Rest: 60s

Not completed