



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



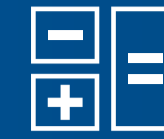
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## 10 WEEK PROGRAM & 5000 REP ARM SPECIALIZATION PROGRAM

Go gonzo and gain insane with this arm building program. You will alternate between blast and cruise weeks, performing a total of 5,000 reps over the course of 10 weeks.

Link to Workout: <https://www.muscleandstrength.com/workouts/5000-rep-arm-specialization-program>

**Main Goal:** Build Muscle

**Training Level:** Intermediate

**Program Duration:** 10 Weeks

**Days Per Week:** 3 Days

**Time Per Workout:** 60-75 Mins

**Equipment:** Barbell, Bodyweight, Cables, Dumbbells, EZ Bar, Machines

**Author:** Team Muscle & Strength

### Blast Week

Exercise	Sets	Reps
<b>Monday: Chest, Shoulders &amp; Arms</b>		
<a href="#">Bench Press</a>	3	5 - 8
<a href="#">Pec Dec</a>	2	10 - 12
<a href="#">Military Press</a>	3	5 - 8
<a href="#">Side Lateral Raise</a>	2	10 - 12
<b>Arm Work</b>		
<a href="#">Close Grip Bench Press</a>	5	10
<a href="#">Dumbbell Curls</a>	5	10
<a href="#">Lying Triceps Extension</a>	5	10
<a href="#">Rope Cable Curls</a>	5	10
<a href="#">Close Grip Push Ups</a>	5	10
<b>Wednesday: Legs &amp; Arms</b>		
<a href="#">Squats</a>	3	5 - 8
<a href="#">Leg Extensions</a>	2	10 - 12
<a href="#">Leg Curls</a>	3	10 - 12
<a href="#">Seated Calf Raises</a>	2	10 - 12
<b>Arm Work</b>		
<a href="#">French Press</a>	5	10
<a href="#">EZ Bar Curls</a>	5	10
<a href="#">Bench Dips</a>	5	10
<a href="#">Hammer Curls</a>	5	10
<a href="#">Dumbbell Kickbacks</a>	5	10
<b>Friday: Back, Traps &amp; Arms</b>		
<a href="#">Deadlifts</a>	2	5 - 8
<a href="#">Barbell Rows</a>	3	5 - 8
<a href="#">V - Bar Pull Downs</a>	3	10 - 12
<a href="#">Barbell Shrugs</a>	2	8 - 10
<b>Arm Work</b>		
<a href="#">Tate Press</a>	5	10
<a href="#">Barbell Curls</a>	5	10
<a href="#">Cable Tricep Extensions</a>	5	10
<a href="#">Machine Curls</a>	5	10
<a href="#">Dumbbell Tricep Extensions</a>	5	10

### Cruise Week Workouts

Exercise	Sets	Reps
<b>Monday: Chest, Shoulders &amp; Arms</b>		
<a href="#">Bench Press</a>	3	5 - 8
<a href="#">Pec Dec</a>	3	10 - 12
<a href="#">Military Press</a>	3	5 - 8
<a href="#">Side Lateral Raise</a>	3	10 - 12
<b>Arm Work</b>		
<a href="#">Close Grip Bench Press</a>	5	5
<a href="#">Dumbbell Curls</a>	5	10
<a href="#">Cable Tricep Extensions</a>	5	10
<b>Thursday: Legs, Back &amp; Arms</b>		
<a href="#">Squats</a>	3	5 - 8
<a href="#">Leg Curls</a>	3	10 - 12
<a href="#">Barbell Rows</a>	3	5 - 8
<a href="#">V - Bar Pull Downs</a>	3	10 - 12
<b>Arm Work</b>		
<a href="#">Weighted Chin Ups (Palms Toward Face)</a>	5	5
<a href="#">Lying Tricep Extensions</a>	5	10
<a href="#">EZ Bar Curls</a>	5	10