



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



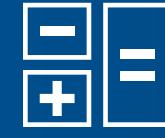
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3 GIANT SETS TO BUILD GIANT ARMS

Want bigger arms? These three convenient and efficient giant sets will help you stretch sleeves and achieve the pump of your dreams in 30 minutes or less.

Link to Workout: <https://www.muscleandstrength.com/workouts/3-giant-sets-for-giant-arms>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 6 Weeks

Days Per Week: 1 Day

Time Per Workout: 30 Mins

Equipment: Cables, Dumbbells, EZ Bar

Target Gender: Male

Author: Roger "Rock" Lockridge

Giant Set #1

Exercise	Sets	Reps
Close Grip EZ-Bar Curl	3	12, 10, 8
Wide Grip EZ-Bar Curl	3	12, 10, 8
Lying Tricep Extension	3	12, 10, 8
Close Grip Triceps Press (elbows wide)	3	12, 10, 8

Giant Set #2

Exercise	Sets	Reps
Seated Dumbbell Curl	3	12, 10, 8
Seated Hammer Curl	3	12, 10, 8
Seated Triceps Kickbacks	3	12, 10, 8
Neutral Grip Overhead Press	3	12, 10, 8

Giant Set #3

Exercise	Sets	Reps
Rope Cable Curl	3	12, 10, 8
Rope Hammer Cable Curl	3	12, 10, 8
Overhead Rope Triceps Extension	3	12, 10, 8
Rope Tricep Extension	3	12, 10, 8

*No rest between exercises during giant set. Rest for 60-90 seconds between giant sets.