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5 KILLER ARM WORKOUTS FOR TANK TOP SEASON

With tank top season right around the corner, it's time to get serious about your arm training. Check out Coach Myers' tank top filling arm workouts!

Link to Workout: <https://www.muscleandstrength.com/workouts/5-killer-summer-arm-workouts>

Main Goal: Build Muscle
Training Level: Intermediate
Program Duration: 6 Weeks
Days Per Week: 2 Days

Time Per Workout: 45-60 Mins
Equipment: Bands, Barbell, Bodyweight, Cables, Dumbbells
Author: Coach Dustin Myers

Workout 1: Backyard BBQ Biceps

Exercise	Sets	Reps
Barbell Curls (Misdirection Method)	4*	8, 5, 5, 3
Superset		
Dumbbell Curls	5	5 Each Arm
Kneeling Concentration Curls	5	8
Triset		
Hammer Curls	3	3
Incline Dumbbell Curls	3	5 Each Arm
Band or Cable Curls	3	25

Workout 2: Tank Top Triceps

Exercise	Sets	Reps
Push Ups		100 Reps Total
Triset		
Overhead Tricep Dumbbell Extension	5	5
Iso-Kick Backs	5	5 Each Arm
Tricep Pressdown	5	12
Skullcrusher Gauntlet*	2*	5, 10, 20, 40

*The Gauntlet is comprised to 2 rounds of dropsets performing 5 reps, 10, reps, 20 reps, & 40 reps.

Workout 3: The Beach Pump

Exercise	Sets	Reps
Giant Set		
Barbell Curls	5	5
Chin Ups	5*	10
Dumbbell Skullcrushers	5	5
Diamond Push Ups	5*	10
Giant Set		
Dumbbell Curls	3	3
Inverted Underhand Rows	3	10
Tricep Pressdowns	3	8
Dips	3	20

*Max out on the last round of bodyweight exercises.

Workout 4: The Yard Workout - AKA Playground Mayhem

Exercise	Sets	Reps
Superset		
Pull Ups (Any Overhand Variation)		100 Reps Total
Dips		100 Reps Total
Chin Ups		100 Reps Total
Diamond Push Ups		100 Reps Total
Circuit		
Underhand Inverted Rows		100 Reps Total
Bodyweight Skullcrushers		100 Reps Total
Bench Dip *		100 Reps Total
Plank (Switching Variations)		6 Mins Total

*Bench Dip: Only perform 1/4 on the movement, concentrating on triceps.

Workout 5: Saturday Swole for the Pool

Exercise	Sets	Reps
Superset		
Chin Ups	3	10
Dips	3	15
Circuit		
Dumbbell Curls	4*	3
Dumbbell Curls	4*	6
Dumbbell Hammer Curls	4	9
Tricep Press Downs w/ Rope	4	8
Tricep Press Downs w/ Bar	4	15
Tricep Band Push Downs or Bench Tri-Flys	4	25
Circuit		
Dumbbell 1/4 Curls	3	30 - 60 Secs
Kick Backs	3	30 - 60 Secs
Concentration Curls	3	30 - 60 Secs
Overhead Tricep Extension	3	30 - 60 Secs
Pummel Curls	3	30 - 60 Secs
Bodyweight Skullcrushers	3	30 - 60 Secs

*Perform next exercise in a circuit as a drop set, stripping 10 lbs of weight after each set. **Start w/ sets of 60 Secs. On the 2nd round of the circuit, perform sets of 45 Secs. Finish sets of 30 Secs.