



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



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Workouts



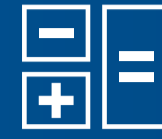
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## 6 WEEK ARM BUILDER WORKOUT PLAN

The workout plan helps you build bigger biceps and triceps by increasing exercise effectiveness, volume and intensity over a 6 week period.

Link to Workout: <https://www.muscleandstrength.com/workouts/6-week-arm-builder-workout-plan>

**Main Goal:** Build Muscle  
**Training Level:** Beginner  
**Program Duration:** 6 Week  
**Days Per Week:** 2 Day

**Time Per Workout:** 10-15 Mins  
**Equipment:** Barbell, Cables, Dumbbells, Machines  
**Author:** Team Muscle & Strength

### Weeks 1 & 2

Exercise	Sets	Reps
<b>Monday</b>		
<a href="#">Cable Curl</a>	2	12 - 15
<a href="#">Dumbbell Tricep Kickback</a>	2	12 - 15
<b>Thursday</b>		
<a href="#">Concentration Curl</a>	2	12 - 15
<a href="#">Cable Tricep Extension</a>	2	12 - 15
Lower volume, low to moderate weight.		

### Weeks 3 & 4

Exercise	Sets	Reps
<b>Monday</b>		
<a href="#">Seated Dumbbell Curl</a>	3 - 4	10 - 12
<a href="#">Skullcrusher</a>	3 - 4	10 - 12
<b>Thursday</b>		
<a href="#">EZ Bar Preacher Curl</a>	3 - 4	10 - 12
<a href="#">Seated French Press</a>	3 - 4	10 - 12
Moderate volume, moderate weight. The intensity & number of sets picks up during this middle segment.		

### Weeks 5 & 6

Exercise	Sets	Reps
<b>Monday</b>		
<a href="#">Barbell Curl</a>	5	8 - 10
<a href="#">Tricep Dips</a>	5	8 - 10
<b>Thursday</b>		
<a href="#">Chin Ups</a>	5	8 - 10
<a href="#">Close Grip Bench Press</a>	5	8 - 10
Higher volume & moderate weight.		