



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



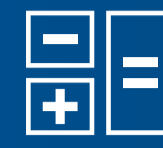
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ARM BUILDING CIRCUITS: BUST THROUGH BICEP & TRICEP PLATEAUS

If your arms aren't responding to conventional training, it's time for some bicep and tricep blasting circuits. Prepare to pack on arm size and get rid of your old t-shirts.

Link to Workout: <https://www.muscleandstrength.com/workouts/arm-building-circuits-bicep-tricep-plateaus>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 6 Weeks

Days Per Week: 1 Day

Time Per Workout: 75-90 Mins

Equipment: Bands, Barbell,

Bodyweight, Cables, Dumbbells,

EZ Bar, Other

Author: Mike Samuels

Circuit 1

Exercise	Sets	Reps
Standing EZ Bar Curls	1	6 - 8
Close Grip Bench Presses	1	6 - 8
Isometric Cable Curl Hold*	1	30 - 40 Secs
Cable Curls ^	1	Max Reps in 30 Secs
Overhead Cable Extensions	1	10 - 12
Bench Dips	1	Bodyweight to Failure

If you're training arms once a week, run both circuits through 3 times. If you're on an upper-lower or full-body split, then perform the 1st circuit 3 times in your first session of the week, then the 2nd circuit in a later session. Rest 90 - 120 Secs before repeating circuits.

* For the isometrics, pick a weight that allows you to hold the mid-point of the exercise for 30 - 40 Secs. Squeeze the target muscles hard while doing this.

^The max reps for 30 Secs should be performed as consistently as possible. If you find you need to take more than a couple of 2- 3 Secs breaks during the time, you're going too heavy.

Circuit 2

Exercise	Sets	Reps
Seated Dumbbell Curls	1	6 - 8
Weighted Dips	1	6 - 8
Reverse Cable Curls	1	10 - 12
Band Curls	1	Max Reps in 30 Secs
Isometric Cable Pushdowns*	1	30 - 40 Secs
Overhead Plate Extensions ^	1	Max Reps in 30 Secs

Rest 90 - 120 Secs before repeating circuits.

* For the isometrics, pick a weight that allows you to hold the mid-point of the exercise for 30 - 40 Secs. Squeeze the target muscles hard while doing this.

^The max reps for 30 Secs should be performed as consistently as possible. If you find you need to take more than a couple of 2- 3 Secs breaks during the time, you're going too heavy.