



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



Store



Workouts



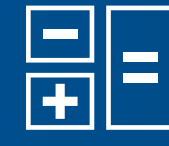
Diet Plans



Expert Guides



Videos



Tools

## BALLOON ARMS WORKOUT BY MUSCLEPHARM

This arm pumping workout from MusclePharm uses a combination of trisets and unique exercise variations to target both biceps and triceps in a single session.

Link to Workout: <https://www.muscleandstrength.com/workouts/balloon-arms-workout>

**Main Goal:** Build Muscle

**Training Level:** Beginner

**Program Duration:** 6 Weeks

**Days Per Week:** 1 Day

**Time Per Workout:** 45-60 Mins

**Equipment:** Barbell, Dumbbells, EZ Bar, Other

**Author:** Cory Gregory

### Biceps & Triceps Workout

Exercise	Sets	Reps
<b>Triset</b>		
<a href="#">Dave Draper Forehead Curls</a>	4 - 5	8
<a href="#">Barbell Curls</a>	4 - 5	28 Method
<a href="#">Bench Dips</a>	4 - 5	20 - 30
<b>Triset</b>		
<a href="#">Skullcrusher</a> to Nose	1	15
<a href="#">Skullcrusher</a> to Forehead	1	15
<a href="#">Skullcrusher</a> to Behind the Head	1	15
<a href="#">Alternating Incline Curls</a> w/ 5 Secs Twist*	4 - 5	10
<b>Triset</b>		
<a href="#">Rope Tricep Extensions</a> w/ 4 Secs Hold at Bottom	4 - 5	10
<a href="#">Wrist Curls</a>	4 - 5	20
<a href="#">Standing Alternating Dumbbell Curls</a>	4 - 5	12

\*5 Secs twist at the hanging position.

