



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



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Workouts



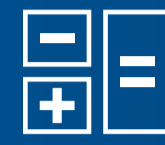
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## THE BIG ARM ROUTINE

Shock your arms with this routine! Work this routine into your workout for 10 weeks. Once per week for the first 8 weeks, then twice per week for last 2 weeks.

Link to Workout: <https://www.muscleandstrength.com/workouts/31-the-big-arm-routine.html>

**Main Goal:** Build Muscle

**Training Level:** Intermediate

**Program Duration:** 10 Weeks

**Days Per Week:** 1 Day

**Time Per Workout:** 60-75 Mins

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

**Author:** Doug Lawrenson

## Big Arm Routine

Exercise	Sets	Reps
<b>Biceps</b>		
<a href="#">Barbell Curl</a>	5	8
<a href="#">Barbell Curl</a>	1	20
<a href="#">Incline Dumbbell Curl</a> (Bench at 30 - 40°)	5	8
<a href="#">Incline Dumbbell Curl</a> (Bench at 30 - 40°)	1	20
<b>Triceps</b>		
<a href="#">Close Grip Bench Press</a>	5	8
<a href="#">Close Grip Bench Press</a>	1	20
EZ Bar, <a href="#">Lying Tricep Extension</a>	5	8
EZ Bar, <a href="#">Lying Tricep Extension</a>	1	20
<a href="#">Tricep Pushdown</a> (Hands 8 - 10" Apart)	5	8
<a href="#">Tricep Pushdown</a> (Hands 8 - 10" Apart)	1	20

