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BIG ARMS FAST: 4 WEEK SPECIALIZATION WORKOUT

This four week bicep and tricep building specialization routine from transformation expert Justin Woltering is designed to help you bring up your lagging arms, and fast.

Link to Workout: <https://www.muscleandstrength.com/workouts/big-arms-fast-4-week-specialization-workout>

Main Goal: Build Muscle
Training Level: Beginner
Program Duration: 4 Weeks
Days Per Week: 2 Days
Time Per Workout: 15-30 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, EZ Bar, Machines
Author: Justin Woltering

Week 1

Exercise	Sets	Reps
Monday		
Superset		
Cable Push-Downs	3	20
Cable Curls	3	20
Tricep Dips	50 Total Reps	
EZ Bar Cheat Curls	3	10
Friday		
Incline Dumbbell Curls	1 Rest Pause Set for 20 - 30 Total Reps	
Rope Push Downs	1 Rest Pause Set for 30 - 40 Total Reps	
Superset		
EZ Bar Skullcrushers	3	10 - 20*
EZ Bar Close Grip Curls	3	10 - 20*
Reverse Barbell Curls **	3	12
Diamond Push Ups	3	Failure

*Use the same weight for both exercises & aim for failure between 10 - 20 reps. ** Cock your wrists back at the top of each rep to make your forearms do the work.

Week 2

Exercise	Sets	Reps
Monday		
Weighted Tricep Dips (Add extra weight if necessary)	3	8
Alternating Dumbbell Curls	3	10
Superset		
Machine Preacher Curls	4	20
V - Bar Push-Downs	4	20
Superset		
Hammer Curls	3	12
Overhead Dumbbell Extensions	3	12
Friday		
Incline Skullcrushers *	2	12 - 15, Failure
Preacher EZ Bar Curls *	2	12 - 15, Failure
Superset		
Rope Push-Downs	3	20
Rope Hammer Curls	3	20
Superset		
Close-Grip Machine Presses	4	10
Machine Curls	4	10

* Aim for 12 - 15 reps for the first set & Failure for the 2nd set.

Week 3

Exercise	Sets	Reps
Monday		
Close-Grip Bench Press	5	5
Close-Grip Chin Ups	5	1 Rep Shy of Failure
Superset		
V - Bar Push-Downs	5	15
Dumbbell Curls	5	15
Friday		
Pin-Press *	5	5
Incline Curls **	3	15 - 20, Failure, Failure
Superset		
Rope Push-Downs	5	20
Rope Hammer Curls	5	20

* Pin-Press: Set up so you have about a 12" range of motion, use a close grip, and come to a stop between reps. Try to use the same weight for all sets. ** Incline Curls: Use the same weight for all sets. Try to hit 15 - 20 on the first set.

Week 4

Exercise	Sets	Reps
Monday		
Close-Grip Bench Press	5	10
Close-Grip Chin Ups	5	5
Superset		
Rope Push-Downs	3	20
V - Bar Cable Curls	3	20
Superset		
Skullcrushers	4	20
Incline Dumbbell Curls	4	20
Friday		
Weighted Triceps Dips	3	See Notes
EZ Bar Curl	1 Rest Pause Set for 20 - 30 Total Reps	
Superset		
Straight Bar Push-Downs	3	15
Reverse EZ Bar Curls	3	15
Superset		
Incline Skullcrushers	3	15
Dumbbell Curls	3	15

Dips: Work Up to a top set of 5 reps. Rest, reduce the weight by 50% & do as many reps as you can. Rest, & perform a 3rd set of as many reps as possible w/ just bodyweight.