



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



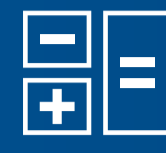
Diet Plans



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BLAST & PUMP ARM WORKOUT

Time to build big guns! Arm day workouts that blast and pump the biceps and triceps by cycling between training volume and training intensity.

Link to Workout: <https://www.muscleandstrength.com/workouts/blast-and-pump-arm-workout.html>

Main Goal: Build Muscle
Training Level: Intermediate
Program Duration: 8 Weeks
Days Per Week: 1 Day

Time Per Workout: 30-45 Mins
Equipment: Barbell, Cables, Dumbbells, EZ Bar
Author: Team Muscle & Strength

Week 1: Blast Workout

Exercise	Sets	Reps
Triceps		
EZ Bar Skullcrusher	6	10
Two Arm Seated Dumbbell Extension	6	10
Biceps		
Standing Barbell Curl	6	10
Alternate Seated Dumbbell Curl	6	10

Week 2: Pump Workout

Exercise	Sets	Reps
Triceps		
Close Grip Bench Press	1	6 - 10
Close Grip Bench Press (Pump)	1	20 - 25
Cable Tricep Extension	1	6 - 10
Cable Tricep Extension (Pump)	1	20 - 25
One Arm Seated Dumbbell Extension	1	6 - 10
One Arm Seated Dumbbell Extension (Pump)	1	20 - 25
Biceps		
EZ Bar Preacher Curl	1	6 - 10
EZ Bar Preacher Curl (Pump)	1	20 - 25
One Arm Cable Curl	1	6 - 10
One Arm Cable Curl (Pump)	1	20 - 25
Zottman Curl	1	6 - 10
Zottman Curl (Pump)	1	20 - 25

