



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



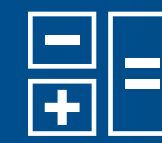
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CABLE ONLY BICEP & TRICEP WORKOUT

Need a new way to beef up your arms? This cable only bicep and tricep workout allows you to build muscle without moving from station to station.

Link to Workout: <https://www.muscleandstrength.com/workouts/cable-only-arm-workout.html>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 6 Weeks

Days Per Week: 1 Day

Time Per Workout: 45-60 Mins

Equipment: Cables

Author: Team Muscle & Strength

Cable Only Arm Workout

Exercise	Sets	Reps
Triceps		
Lying Cable Tricep Extension	3	8
Seated Low Pulley Overhead Trice Extension	3	10
Two Arm Cable Tricep Kickback	3	10
Reverse Grip Cable Tricep Extension	3	12
Biceps		
Cable Curl	3	8
One Arm Cable Preacher Curl	3	10
Standing High Pulley Cable Curl	3	10
Rope Hammer Cable Curl	3	12