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CORY GREGORY'S 4 INTENSE ARM BURSTING WORKOUTS

MusclePharm pres Cory Gregory presents 4 arm-destroying workouts that deliver insane results. Hit the gym and crush your biceps & triceps with these highly effective programs.

Link to Workout: <https://www.muscleandstrength.com/workouts/cory-gregory-arm-workouts>

Main Goal: Build Muscle
Training Level: Beginner
Program Duration: 6 Weeks
Days Per Week: 1 Day

Time Per Workout: 60-75 Mins
Equipment: Barbell, Bodyweight, Cables, Dumbbells, EZ Bar
Author: Cory Gregory

Arm Assault Workout

Exercise	Sets	Reps
Heavy Quad Set		
Straight Bar Curls	5	8
Skullcrushers	5	8
Standing Alternate Dumbbell Curls	5	8
Heavy Straight Bar Push Downs	5	12
Volume Quad Set		
Straight Bar Preacher Curl	5	20
Bench Dips	5	20
Reverse Curls	5	20
Straight Bar Push Downs	5	20
Unique Exercise Finishers		
Bodyweight Tricep Rope Press	5	15
Alternating Incline Curls w/ a Twist*	5	6 + 2
Rep-Hold Tricep Rope Pushdowns	5	8
28-Method Barbell Curls	5	See Article for 28 Method

*Alternating Incline Curls w/ a Twist: Perform 6 reps, twist for 5 Secs, perform 2 more reps.

Arms on Blast

Exercise	Sets	Reps
Superset		
Straight Bar Curls	6	8
Straight Bar Pushdowns	6	25
Superset		
Bodyweight Skullcrushers	5	8
Preacher Curls	5	24
Superset		
Two Arm Incline Dumbbell Curls	4	20
Dumbbell Rollback Skulls on the Floor	4	6 - 8
Superset		
Bench Dips	3	20
Reverse Curls	3	10

Certified Guns 2

Exercise	Sets	Reps
Triset		
Straight Bar Curls	5	5 - 8
Incline Dumbbell Curls*	5	6 + 2
Cable Curls	5	20
Triset		
Straight Bar Pushdowns	5	20 + 20 ¼ Reps
Bodyweight Skulls	5	5 - 10
Band Pushdowns	5	30
Triset		
Skullcrushers	5	20
Wide Grip EZ Bar Curls (Slow Motion Curls)	5	8
Wrist Curls	5	20
Back Extensions	4	40
Knee-Ups	4	15 - 20

*Incline Dumbbell Curls: Perform 6 reps, hold a 5 Secs twist, perform 2 more reps.

German Volume Training Workout

Exercise	Sets	Reps
Superset		
Barbell Curls	10	10
Skullcrushers	10	10
Superset		
Preacher Curls	10	10
Straight Bar Pushdowns	10	10
GVT w/ a Twist - 10 Secs In Between Sets		
Roper Cable Pushdowns	10	10
Alternating Dumbbell Curls	10	10