



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



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Workouts



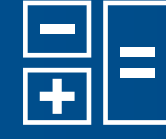
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## GET SERIOUS ARM SIZE WITH THIS BICEPS & TRICEPS WORKOUT

Build some massively impressive arms with this biceps and triceps superset and triset workout that maximizes your arm training and gaining!

Link to Workout: <https://www.muscleandstrength.com/workouts/serious-biceps-triceps-muscle-routine>

**Main Goal:** Build Muscle

**Training Level:** Beginner

**Program Duration:** 6 Weeks

**Days Per Week:** 1 Days

**Time Per Workout:** 30-45 Mins

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

**Author:** Roger "Rock" Lockridge

### Biceps & Triceps Workout

Exercise	Sets	Reps
<b>Superset (Warm Up)</b>		
<a href="#">Cambered Bar Curl</a>	1	20
<a href="#">Lying Tricep Extension</a>	1	20
<b>Superset</b>		
<a href="#">Cambered Bar Curl</a>	3	10 - 12
<a href="#">Lying Tricep Extension</a>	3	10 - 12
<b>Superset</b>		
<a href="#">Incline Curl</a>	3	10 - 12
<a href="#">Dumbbell Kickback</a>	3	10 - 12
<b>Triset</b>		
<a href="#">Lying Wide Grip Cable Curl</a>	3	10 - 12
Lying Close Grip Cable Curl	3	10 - 12
Lying Reverse Grip Cable Curl	3	10 - 12
<b>Triset</b>		
Kneeling Reverse Grip Pressdown	3	10 - 12
Kneeling Close Grip Pressdown	3	10 - 12
Kneeling Overhead Cable Extension	3	10 - 12

1 Min rest between all supersets.

