



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



Store



Workouts



Diet Plans



Expert Guides



Videos



Tools

## GROWIN' GUNS: BIGGER AND BETTER ARMS IN 30 DAYS

Trying to fill out your shirt sleeves a little better and are looking for the perfect arm workout to help you do so? We've got your 30 day prescription.

Link to Workout: <https://www.muscleandstrength.com/workouts/bigger-better-arms-workout-30-days>

**Main Goal:** Build Muscle

**Training Level:** Advanced

**Program Duration:** 4 Weeks

**Days Per Week:** 1 Day

**Time Per Workout:** 45-60 Mins

**Equipment:** Barbell, Bodyweight, Cables, Dumbbells

**Target Gender:** Male & Female

**Author:** Roger "Rock" Lockridge

## The Growin' Guns Workout

Exercise	Sets	Reps
<a href="#">Barbell Curl</a>	4	8
<a href="#">Close Grip Bench Press</a>	4	8
<a href="#">Cross-Body Hammer Curl</a>	3	10
<a href="#">One Arm Overhead Extension</a>	3	10
<a href="#">A1. Incline Dumbbell Curl</a>	3	12
A2. Diamond Pushup	3	12
B1. Angled Handled Cable Curl	3	20
<a href="#">B2. Rope Pressdown</a>	3	20