



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



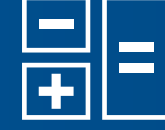
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GUNS OF GLORY: AN ARM TRAINING WORKOUT PROGRAM

Looking for an arm day workout that will guarantee you growth in your biceps and triceps? Check out the Guns of Glory program & start putting in work today!

Link to Workout: <https://www.muscleandstrength.com/workouts/guns-of-glory-workout>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 8 Weeks

Days Per Week: 1 Day

Time Per Workout: 30-45 Mins

Equipment: Bodyweight, Dumbbells, EZ Bar

Author: Team Allmax

Guns of Glory Workout

Exercise	Sets	Reps
Bicep Curls	3	12 - 15
Reverse Curls	3	12 - 15
Hammer Concentration Curls	3	12 - 15
Unilateral Reverse Tricep Extension	3	12 - 15
Dumbbell Kickbacks (Alternating Grips)	3	12 - 15
Overhead Alternating Dumbbell Extensions	3	12 - 15
Overhead Cambered Bar Extensions	3	12 - 15
Dips w/ Chains	3	12 - 15