



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



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Workouts



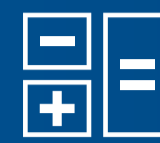
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## LOW REP ARM & SHOULDER WORKOUT BY MUSCLEPHARM

This workout by Cory Gregory and MusclePharm helps you to pack on shoulder, bicep and tricep muscle mass by focusing on high volume, low rep tri-sets.

Link to Workout: <https://www.muscleandstrength.com/workouts/low-rep-arm-shoulder-workout>

**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, Dumbbells, EZ Bar  
**Author:** Cory Gregory

### Low-Rep Workout

Exercise	Sets	Reps
<b>Triset</b>		
<a href="#">Dumbbell Military Press</a>	5	8
<a href="#">Straight Bar Culs</a>	5	5
Bodyweight Skulls	5	8
<b>Triset</b>		
<a href="#">Arnold Press</a>	5	8
Dave Draper Forehead Curl	5	8
<a href="#">Straight Bar Push-Downs</a>	5	8
<b>Triset</b>		
<a href="#">Lateral Raise</a>	5	6
<a href="#">Incline Dumbbell Curl</a> (5 Count Twist, then 2 More Reps)	5	6
<a href="#">Skullcrushers</a>	5	8
<b>Triset</b>		
Lying Side Laterals	5	8
<a href="#">Preacher Curls</a>	5	6
<a href="#">Rope Push-Downs</a> (4 Count at Bottom of Each Rep)	5	8

