



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



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Workouts



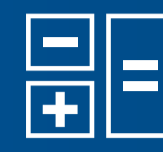
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## THREE MUSCLE TONING ARM WORKOUTS FOR WOMEN

These three arm toning workouts for women can be run as a 12 week program, or used individually and inserted into your current muscle building split routine.

Link to Workout: <https://www.muscleandstrength.com/workouts/three-muscle-toning-arms-workouts-women>

**Main Goal:** Build Muscle  
**Training Level:** Beginner  
**Program Duration:** 12 Weeks  
**Days Per Week:** 1 Day

**Time Per Workout:** 30-45 Mins  
**Equipment:** Cables, Dumbbells, EZ Bar, Machines  
**Author:** John Gormen

### Weeks 1 - 4

Exercise	Sets	Reps
<b>Lower Volume</b>		
<a href="#">Close Grip Bench Press</a> or <a href="#">Assisted Dips</a>	3	6 - 10
<a href="#">Standing Dumbbell Curl</a>	3	6 - 10
<a href="#">Two Arm Seated Overhead Dumbbell Extension</a>	3	6 - 10
<a href="#">EZ Bar Preacher Curl</a>	3	6 - 10

### Weeks 5 - 8

Exercise	Sets	Reps
<b>Higher Volume</b>		
<a href="#">Cable Tricep Extension</a>	5	10 - 15
<a href="#">Cable Bicep Curl</a>	5	10 - 15
<a href="#">Bench Dip</a>	5	10 - 15
<a href="#">Seated Dumbbell Hammer Curl</a>	5	10 - 15

### Weeks 9 - 12

Exercise	Sets	Reps
<b>Rest Pause</b>		
<a href="#">Skullcrusher</a>	4	6 - 8
<a href="#">Barbell Drag Curl</a>	4	6 - 8
<a href="#">Bent Over Dumbbell Kickback</a>	4	6 - 8
<a href="#">Two Arm Dumbbell Preacher Curl</a>	4	6 - 8