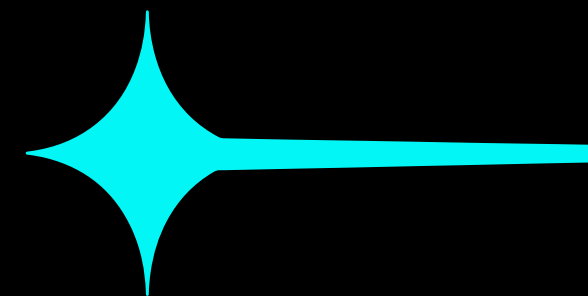




ARM

WORKOUT



ARM DAY

WORKOUT PLAN 1



ARM DAY WORKOUT

AUTHOR: BRANDON B

TRAINING LEVEL: INTERMEDIATE

WORKOUT DURATION: 1 DAY

WORKOUT NOTES:

We recommend doing a few warm up sets before each exercise at a lower weight. This ensures you are properly warmed up and ready for your "working" sets.

Super Set Guide: If exercise is listed with the same letter in front of it, you will super set those exercises. **EX:** A1 exercise & A2 Exercise - Do the first set of A1 straight into A2 with no rest. After you do the first set of A1 & A2, use the rest period before you start the second "super set"

	EXERCISE	SETS	REPS	TEMPO	REST	VIDEO
A1	Dips	3	6,6, MAX	2110	None	
A2	Single Arm Preacher Curl (Machine or Dumbbell)	3	6,6, MAX	2110	2 Min	
B1	Barbell Bicep Curl	2	8	2110	None	
B2	Cable Overhead Tricep Extension	2	8	3110	2 Min	



FIT KULTURE

C1	Cable Straight Bar Tricep Pushdown	2	10	2010	None	
C2	Dumbbell Incline Hammer Curl	2	10	2010	2 Min	
D1	Barbell Reverse Curl 21's	2	21	1010	2 Min	