

MUSCLESHARK'S

"BIGGER ARMS" WORKOUT PLAN

Note: This workout is to be done once a week on whichever day you choose. My favourite day is Friday, to end off the week. Whatever works for you, though.

WARMUP (3-5 Minutes, gets the blood flowing)

a) **Barbell Curl** - With a light weight (a weight you could normally do 20-30 reps with) Perform 25 reps, at a moderate pace using strict form. Use full range of motion, and flex your biceps at the top of the movement.

Continue directly into movement b) without resting.

b) **Tricep Push Downs** - With a weight you could normally perform 20-30 reps, at a moderate pace, perform 25 reps.

IMPORTANT - DROP SETS (**)

Wherever this appears " ** ", it means you will be doing drop sets. For each set, you will use a lighter weight. Perform 10 reps on the first set, and without resting, drop the weight and perform 10 more, and then without resting, drop the weight again and perform 10-15 more. Do this 3 times, for 3 drop sets.

You will alternate between week one, and week two from week to week.	WEEK ONE	WEEK TWO
Dumbbell Curls	3 sets - 8-10 reps	3 sets **
Skull Crushers	3 sets - 8-10 reps	3 sets **
Reverse Barbell Curls	3 sets - 8-10 reps	3 sets - 10-12 reps
Overhead Tricep Extentions	3 sets - 8-10 reps	3 sets - 10-12 reps
Seated Preacher Curls (barbell)	3 sets - 8-10 reps Lower the weight slowly, aim for 4 seconds decline.	3 sets **
Burn Set - This set will be done at the very end of your workout to really finish off the arms. After this set you should feel a pretty huge pump, and a ton of burn.	Burn set - Barbell Curls Grab a weight that you can easily do 20 reps with. Perform 50 reps, you can only put the weight down once the 50 reps have been completed. If you need to rest, hold the weight at the bottom of the movement.	Burn set - Tricep Pushdowns Use a weight that you can easily perform 20 reps with. Perform 50 reps. Rest only when absolutely needed. Pain = results. Push through the burn.