

# Sample Arm Workout

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For those of you who are not happy with your progress with regards to your arm workout here is a sample workout for you. Now of course depending on the individual and their goals and genetics a more customized training program would be designed addressing those needs.

Arm training should be done in a strict fashion as the muscles of the upper arm (biceps and triceps) get a substantial amount of work when any of the upper body muscle groups are trained, and therefore it can be counter-productive to train the arm with more of the same heavy stimulation used in the other upper body workouts.

Arms can be trained on their own day or split up and trained with another body part like chest and biceps or shoulders and triceps etc. but for the sake of this workout the sample will be for a complete arm workout.

Press down            4x12 Squeeze each rep at the full contraction

Preacher curl            4x12 Squeeze each rep at the full contraction and do not let the bicep relax

Seated DB extension 4x10 Do not allow the DB to bounce and concentrate on the squeeze

Incline DB curl            4x10 Allow the arms to hang and only curl using the bicep

Bench dip            3x20 Do not use added weight and concentrate on quality reps

Hammer curl            3x20 If DBs are used do not swing or you can use the cable and rope attachment

And that's it. A simple and effective arm workout for anyone wanting improved shape to their arms. Rest 30-60 secs between sets and train for the pump and burn. When you can no longer achieve quality reps and you're starting to cheat the set is over.