

# ARM ASSAULT WORKOUT

Use this 8 week arm builder to sculpt sleeve busting guns. Each session should take around 20-30 minutes. Tack it on to the end or second half of any workout. Supersets are indicated as A1 A2, B1 B2, etc. Warm up sets do not count! A 4 x 8 should include 4 hard working sets, for example. Each week push for more weight and more reps.

## Day 1 - STRENGTH

	Reps	Sets	Rest
<b>A1) Chin-Ups</b> <i>weighted if possible*</i>	5RM	at least 8 to find 5RM	45-60 seconds
<b>A2) Dips</b> <i>weighted if possible*</i>	5RM	at least 8 to find 5RM	45-60 seconds
<b>B1) "Cheat" DB Hammer Curls</b> <i>You can cheat a little here to lift more weight, not excessive.</i>	6/arm	4	45 seconds
<b>B2) Close Grip Bench Press</b>	6	4	45 seconds
<b>C1) Barbell Curls</b>	8	4	30 seconds
<b>C2) "Cheat" Rope Push-downs</b>	12	4	30 seconds

## Day 2 - MUSCLE BUILDING

	Reps	Sets	Rest
<b>A1) Alternating DB Curls</b>	8RM/arm	at least 6 to find 5RM	45-60 seconds
<b>A2) EZ Bar Skull Crushers</b>	8	6	45-60 seconds
<b>B1) Zottman Curls</b>	10	4	30 seconds
<b>B2) Bench Dips</b> <i>weighted if possible</i>	12	4	30 seconds
<b>C1) Slow Negative Hammer Curls</b> <i>Curl up, 3 second count down</i>	8	3	30 seconds
<b>C2) Bodyweight Skull Crushers</b>	MAX	3	30 seconds

## Day 3 - COMPLEX AND PUMPS

	Reps	Sets	Rest
<b>A) 8min AMRAP - Chin-Up &amp; Dip Ladder</b> <i>Start at 1 chin up and 1 dip, 2 and 2, 3 and 3 and so on until the timer is up. Break up as needed.</i>	As many as possible	As many as possible	0 until time is up
<b>B) 4 Way Barbell Biceps</b> <i>grab a barbell and do the following without putting the barbell down. Add weight as fit.</i>			
<b>Barbell Curls</b>	8	3	0
<b>Barbell Reverse Curls</b>	8	3	0
<b>Waist to Forehead Barbell Curls</b>	8	3	0
<b>1 Count Up, 2 Count Down Curls</b>	8	3	30 seconds
<b>C) 10-15-10 Tricep Trifecta</b> <i>grab a barbell, EZ bar preferably, and perform the following without any breaks</i>			
<b>Far Reach Skull Crushers</b>	10	3	0
<b>Close Grip Bench</b>	15	3	0
<b>Standing Overhead Tricep Extension</b>	10	3	30 seconds