

Build Big Arms Workout

Bulk-Up/Muscle Mass Phase			Muscle Definition Phase			
Biceps	Sets	Reps	Biceps		Sets	Reps
standing barbell curls	3	10 to 12	SUPER SET	standing barbell curls	3	12 to 14
seated dumbbell curls	3	10 to 12		seated alternating dumbbell curl	3	12 to 14
scott bench/preacher curls	3	10	SUPER SET	scott bench/preacher curls	4	12
hammer curls	3	10 to 12		one-arm cable curls	4	12
Triceps	Sets	Reps	SUPER SET	standing cable curls	4	12
close-grip bench press	3	10 to 12		hammer curls	4	12
dips	3	10	Triceps		Sets	Reps
lying triceps extension	3	12	SUPER SET	close-grip bench press	4	12
triceps cable pushdowns	3	10 to 12		tricep dumbbell kickbacks	4	12
Forearms	Sets	Reps	SUPER SET	tricep cable pushdowns	4	12 to 14
barbell wrist curl (over bench)	3	12		skullcrushers	4	12 to 14
EZ bar reverse-grip curl	3	12	Finish triceps workout with...			
				overhead cable extensions	4	12
			Forearms		Sets	Reps
			SUPER SET	reverse-grip preacher curl	4	12
				seated barbell wrist curl	4	12

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Exercise Notes

Supersets are performed with NO REST in between sets of any given two-exercise routine. As soon as you finish a set of one exercise move quickly to the next exercise and do a set of the second exercise. After this you can rest and then repeat the superset cycle again until you go through the entire sequence (number of sets).