



W

P W R B L D

ARM PROGRAM

ABBREVIATIONS

| | |
|----------|--------------------------|
| AMRAP | AS MANY REPS AS POSSIBLE |
| BB | BARBELL |
| CG | CLOSE GRIP |
| DB | DUMBBELL |
| LS-AMRAP | LAST SET – AMRAP |
| SS | SUPERSET |
| TS | TRISSET |

WEEK 1

DAY 1

| EXERCISE | | SETS | REPS |
|---------------------|-----------------------|------|---------------------|
| SS | SEATED DB CURL | 3 | 15 → 12 → LS-AMRAP* |
| | DB OVERHEAD EXTENSION | | |
| SS | HAMMER CURL | 3 | 15 → 12 → LS-AMRAP* |
| | TRICEP PUSH DOWN** | | |
| TRICEP KICKBACKS*** | | 3 | 15 → 12 → LS-AMRAP* |

LS-AMRAP – STAY AT SAME WEIGHT AS PREVIOUS SET

ROPE OR V BAR

*** ADD DROP SET TILL FAILURE FOLLOWING LAST SET***

DAY 2

| EXERCISE | | SETS | REPS |
|--|-----------------------------|------|--------------|
| TS | EZ BAR CURL | 3 | 10 |
| | BARBELL CURL | | 10 |
| | TRICEP PUSH DOWN* | | 15 → 12 → 10 |
| TS | DB CURL | 3 | 15 → 12 → 10 |
| | DB SKULLCRUSHER | | 10 |
| | SEATED HAMMER CURL** | | 10 |
| SS | DECLINE EZ BAR SKULLCRUSHER | 3 | 15 → 12 → 10 |
| | SEATED HAMMER CURL** | | |
| STANDING DB CURL BURNOUT → DROP 3x's TO COMPLETE SET*** | | 1 | 10-15 |

ROPE OR V BAR

ADD DROP SET TILL FAILURE FOLLOWING LAST SET

START WITH WEIGHT YOU CAN GET FOR 15, DROP DOWN TWICE TRYING TO HIT 10-15 REPS EACH

WEEK 2

DAY 1

| EXERCISE | | SETS | REPS |
|----------|---------------------------|------|---------------------|
| SS | PREACHER CURL | 3 | 15 → 12 → LS-AMRAP* |
| | EZ BAR OVERHEAD EXTENSION | | |
| SS | HAMMER CURL | 3 | 15 → 12 → LS-AMRAP* |
| | TRICEP PUSH DOWN** | | |
| DIPS*** | | 3 | 12 → 10 → 8 |

LS-AMRAP – STAY AT SAME WEIGHT AS PREVIOUS SET

ROPE OR V BAR

*** ADD WEIGHT IF POSSIBLE***

DAY 2

| EXERCISE | | SETS | REPS |
|---|---------------------|------|--------------|
| TS | SEAT DB CURL | 3 | 10 |
| | HAMMER CURL | | 10 |
| | TRICEP PUSH DOWNS* | | 15 → 12 → 10 |
| TS | CABLE EZ BAR CURL | 3 | 15 → 12 → 10 |
| | EZ BAR SKULLCRUSHER | | 10 |
| | EZ BAR PRESS | | 10 |
| SS | BARBELL CURL | 3 | 15 → 12 → 10 |
| | CG FLOOR PRESS** | | |
| EZ BAR CURL BURNOUT → DROP 3x's TO COMPLETE SET*** | | 1 | 10-15 |

ROPE OR V BAR

ADD DROP SET TILL FAILURE FOLLOWING LAST SET

START WITH WEIGHT YOU CAN GET FOR 15, DROP DOWN TWICE TRYING TO HIT 10-15 REPS EACH

WEEK 3

DAY 1

| EXERCISE | | SETS | REPS |
|---------------------|-----------------------|------|--------------------------|
| SS | SEATED DB CURL | 4 | 15 → 12 → 10 → LS-AMRAP* |
| | DB OVERHEAD EXTENSION | | |
| SS | HAMMER CURL | 4 | 15 → 12 → 10 → LS-AMRAP* |
| | TRICEP PUSH DOWN** | | |
| TRICEP KICKBACKS*** | | 4 | 15 → 12 → 10 → LS-AMRAP* |

LS-AMRAP – STAY AT SAME WEIGHT AS PREVIOUS SET

ROPE OR V BAR

*** ADD DROP SET TILL FAILURE FOLLOWING LAST SET***

DAY 2

| EXERCISE | | SETS | REPS |
|--|-----------------------------|------|------------------|
| TS | EZ BAR CURL | 4 | 10 |
| | BARBELL CURL | | 10 |
| | TRICEP PUSH DOWNS* | | 15 → 12 → 10 → 8 |
| TS | DB CURL | 4 | 15 → 12 → 10 → 8 |
| | DB SKULLCRUSHER | | 10 |
| | TRICEP PUSH DOWN* | | 10 |
| SS | DECLINE EZ BAR SKULLCRUSHER | 4 | 15 → 12 → 10 → 8 |
| | SEATED HAMMER CURL** | | |
| STANDING DB CURL BURNOUT → DROP 3x's TO COMPLETE SET*** | | 1 | 10-15 |

ROPE OR V BAR

ADD DROP SET TILL FAILURE FOLLOWING LAST SET

START WITH WEIGHT YOU CAN GET FOR 15, DROP DOWN TWICE TRYING TO HIT 10-15 REPS EACH

WEEK 4

DAY 1

| EXERCISE | | SETS | REPS |
|----------|---------------------------|------|--------------------------|
| SS | PREACHER CURL | 4 | 15 → 12 → 10 → LS-AMRAP* |
| | EZ BAR OVERHEAD EXTENSION | | |
| SS | HAMMER CURL | 4 | 15 → 12 → 10 → LS-AMRAP* |
| | TRICEP PUSH DOWN** | | |
| DIPS*** | | 4 | 12 → 10 → 8 → 6 |

LS-AMRAP – STAY AT SAME WEIGHT AS PREVIOUS SET

ROPE OR V BAR

*** ADD WEIGHT IF POSSIBLE***

DAY 2

| EXERCISE | | SETS | REPS |
|---|---------------------|------|------------------|
| TS | SEAT DB CURL | 4 | 10 |
| | HAMMER CURL | | 10 |
| | TRICEP PUSH DOWNS* | | 15 → 12 → 10 → 8 |
| TS | CABLE EZ BAR CURL | 4 | 15 → 12 → 10 → 8 |
| | EZ BAR SKULLCRUSHER | | 10 |
| | EZ BAR PRESS | | 10 |
| SS | BARBELL CURL | 4 | 15 → 12 → 10 → 8 |
| | CG FLOOR PRESS** | | |
| EZ BAR CURL BURNOUT → DROP 3x's TO COMPLETE SET*** | | 1 | 10-15 |

ROPE OR V BAR

ADD DROP SET TILL FAILURE FOLLOWING LAST SET

START WITH WEIGHT YOU CAN GET FOR 15, DROP DOWN TWICE TRYING TO HIT 10-15 REPS EACH