



BIG ARMS WORKOUT PLAN PDF

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THANK YOU FOR DOWNLOADING OUR BIG ARMS WORKOUT PLAN PDF!

This routine is designed to complement your existing workout regimen. You can seamlessly incorporate these arm-focused exercises to boost your arm development without disrupting your overall training balance.

While it can be done individually, it truly shines when integrated into another routine of your choice.

But where in your current routine should you do this workout? Valid question.

I've written the program as an Arm Day, so it will work best as part of a Bro Split.

Lifters who follow a [Push Pull Leg Split](#) can separate biceps exercises into Pull Day, and Triceps into Push Day.

You [Upper-Lower](#) folks can put this in either the Upper or Lower Day. Why? Aren't arms Upper?

Indeed they are, obviously. Put biceps and triceps with Lower body due to workload and fatigue. Arms are a nice balance to Leg work.

If you're following a [Full Body workout plan](#), select 1 biceps and 1 triceps exercise from the Big Arms plan for each workout.

If you're following a different type of workout plan, and still want guidance on where to incorporate this Big Arms Workout, drop us a line in the Comments section.

Regardless, incorporating this Arm Routine into your current workout routine ensures you maximize your gains while maintaining a comprehensive fitness regimen.

Have a look at our [website](#) for full workout plans to which you can apply this big arms workout plan.

Enjoy!

Yours Truly in Fitness and Fortitude,



and the **This Is Why I'm Fit** team.

Biceps					
Exercise	Equipment Options	Set 1	Set 2	Set 3	Set 4
Biceps Curls Palms Up	Bicep Curl Machine, Cable Machine straight or EZ Curl attachment), or Barbell (straight or EZ Curl)	15 to 20	6 to 8	6 to 8	4 to 6
Hammer Curls	Dumbbells, Cable Machine with Rope or Handle	15 to 20	6 to 8	6 to 8	4 to 6
(Optional) Forearm Curls, Palm Up	Dumbbell	8 to 10	8 to 10		
Triceps					
Exercise	Equipment Options	Set 1	Set 2	Set 3	Set 3
Overhead Triceps Extensions	Utility Bench/DB, Cable Machine, or Seated Triceps Machine (High Arm Pads)	15 to 20	6 to 8	6 to 8	4 to 6
Seated Double Triceps Extension Machine	Seated Triceps Machine	15 to 20	6 to 8	6 to 8	4 to 6
Cable Triceps Extensions (Elbows low as possible)	EZ Curl, V-bar, Rope Advanced version: single arm with wrist cuff.	15 to 20	6 to 8	6 to 8	4 to 6

Program Guide:

- The first sets of 15 to 20 are intended as warm-up.
- Recover between each set so you can do the next with the same or greater intensity. One to two minutes for warm-up sets, and three minutes for "working" sets is a good general guideline. Go by feel. Don't watch the clock.
- Progressive overload always applies. Increase resistance or reps once the load or top end of rep range gets easier.
- Do not use momentum: no launching, kipping, hitching, swinging, etc. Make the target muscles do all the work.
- The only reps that count are perfect reps. Always use proper form.
- Equipment has been specifically selected. Machines will allow you to exert the most force.
- Your goal to be to bust the 6-rep barrier on your last set. When you can get the 6th rep, increase the weight.

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Disclaimer: The information provided in this guide is for general informational and educational purposes only and is not a substitute for professional medical or fitness advice. The exercises in this big arms workout plan are specifically designed to target arm muscle development and may not be suitable for everyone. If you have any pre-existing health conditions, injuries, or if you are not accustomed to regular strength training, please consult with a healthcare or fitness professional before beginning this or any exercise program. Always listen to your body, proceed with exercises at a pace and intensity that is comfortable for you, and be mindful of your form and technique. If you experience any pain, discomfort, or other adverse effects while performing these exercises, immediately cease the activity and seek medical attention if necessary. Remember, maintaining safety should be your foremost priority during any workout.