

"Arm Assault"

Replace your boring Bicep/Tricep routine with this 4-6 week plan
For a "Leaner" result: Lower the weight & add reps! Except for the Negative rep portion...Keep a Med-Hvy Weight

<u>Exercise</u> <u>Rest</u>	<u>Sets</u>	<u>Reps</u>
<i>Close-Grip Bench Press*</i> 2-3 Minutes	3	3-5
<i>Close-Grip Bench Press^</i> 2-3 Minutes	3	6-8
<i>Seated Dumbbell Overhead **</i> 2-3 Minutes	3	6-8
<i>Extensions</i>		
<i>Barbell Curls*</i> 2-3 Minutes	3	3-5
<i>Barbell Curls^</i> 2-3 Minutes	3	6-8
<i>Incline Dumbbell Curls**</i> 2-3 Minutes	3	6-8

** Negative Reps: Need spotter, Use Weight 120% of your 1RM, Lower it taking 3-5 seconds, Assist back up*

^Rest Pause Reps: Need spotter...After last set, rest 15 sec, go to fail, rest another 15 sec and repeat

***Drop Sets: Need Spotter, On last set, reduce weight 20-30% go to failure, reduce weight again by 20-30%, Go to failure AGAIN!*

Side note: On the Barbell Curl Portion of the program switch the spacing of your hands up to hit the different "heads" of the Biceps...Narrow: Outer Head...Wide: Inner Head...and Medium: Entire Bicep