

## **Bicep/Tricep Twice a Week- 6 Week Split**

\*If you typically separate Bi's & Tri's into diff days, simply swap bodyparts and reunite them! Exp: If you're on a traditional Chest/Tri's-back/Bi's routine...simply switch them and work Chest/Back together. Give yourself at least 72 hrs rest between splits: So typically Chest/Back on Mondays-Tri's/Bi's on Tuesday, Legs Wed, Chest Thur, and Back/Bi's Friday, Legs Sat or in any order you prefer on a 6 day "split"

### **Maintain Less than 1 min rest per set**

#### **Day 1**

- Reverse grip Bench Press 3x1
- Pushdowns 3x15
- Rope Overhead Ext 3x15
- Reverse-Grip Barbell Curl 3x15
- Hammer Curl 3x15 (ea arm)
- Reverse Grip Cable Curl 3x15

#### **Day 2**

- Close-Grip Bench Press 3x15
- Reverse-Grip Pushdowns 3x15
- Seated DB Overhead Ext 3x15
- DB Incline Curl 3x15(ea arm)
- Hammer Curl 3x15 (ea arm)
- Reverse-Grip Cable Curl 3x15

\*Ref. Muscle & fitness Sept 2010 issue

