

MARC FITT
MARCFITT.COM

JULIEN HAROUN
FITTADDICT.COM

TONY MCALLISTER
RISEGYMGEAR.COM

EPIC ARMS BLASTER

BICEPS + TRICEPS



WWW.MARCFITT.COM

WORKOUT: **BICEPS + Triceps**

	Exercise	Sets/Reps	Rest
Triset ●	1A. Reverse grip EZ-Bar curl	4 x 12	5 sec.
Triset ●	1B. Dumbbell curl *	4 x 10	5 sec.
	1C. Hammer curl	4 x 10	75 sec.
Triset ●	2A. Reverse grip pushdown *	4 x 10	5 sec.
Triset ●	2B. Straight-Bar pushdown	4 x 10	5 sec.
	2C. Rope pushdown	4 x 12	75 sec.

Training notes *

- 1B. You can use a barbell here.
 2A. You can use an EZ-Bar.





FITTADDICT®

EPIC ARMS BLASTER

BUILT UP BY FITTADDICT.COM / POWERED BY RISEGYMGEAR.COM

WORKOUT: BICEPS + Triceps

SS Superset

1A

Reverse grip EZ-Bar curl

Sets

Reps

Rest

4x

12

5 sec.

TS

1B

Dumbbell curl

Sets

Reps

Rest

4x

10

5 sec.

TS

1C

Hammer curl

Sets

Reps

Rest

4x

10

75 sec.

2A

Reverse grip pushdown

Sets

Reps

Rest

4x

10

5 sec.

TS

2B

Straight-Bar pushdown

Sets

Reps

Rest

4x

10

5 sec.

TS

2C

Rope pushdown

Sets

Reps

Rest

4x

12

75 sec.