



Cramps Guaranteed

Arms Workout

Exercise	Rest	Sets	Reps	Weight	Notes
Rope extension superset Rope curl	1:00	3	15-20		Warm-up sets
Seated double contraction curl superset Seated French press	1:30	3	8		
Hammer curl (one arm at a time) superset Over-the-head EZ bar extension	1:30	4	10		One-and-a-half method for EZ bar extension
Reverse EZ curl superset Triangle bar pushdown	1:30	3	12		
Curl-up-hammer-down to forearm curl superset Dips machine	1:30	3	12-15 15		