



Easy Growth Arms workout

Back

Exercise	Rest	Sets	Reps	Weight	Notes
Rope pushdown	1:30	4	12		
superset					
Rope over the head extension					
Seated cable curl	1:30	4	10		
superset					
Guillotine curl					
One arm french press	1:30	4	10		
Preacher curl	1:30	4	10		