

ARNOLD'S ARM SUPERSET WORKOUT

EXERCISE	SETS	REPS
SUPERSET 1		
BARBELL CURL	4	8-12
LYING TRICEPS EXTENSION	4	8-12
<i>REST 1-2 MINUTES</i>		
SUPERSET 2		
ALTERNATING DUMBBELL CURL	4	8-12
STRAIGHT BAR CABLE PUSHDOWN	4	8-12
<i>REST 1-2 MINUTES</i>		
SUPERSET 3		
INCLINE CURL	4	8-12
KNEELING OVERHEAD EXTENSIONS	4	8-12
<i>REST 1-2 MINUTES</i>		
SUPERSET 4		
CONCENTRATION CURL	4	8-12
ONE-ARM TRICEPS EXTENSIONS	4	8-12
<i>REST 1-2 MINUTES</i>		