

FREDDIE KLOPPER'S ARM TRAINING GUIDE WORKOUT LOG



Start Date:

My Stats

Name:

Age:

Weight:

Bf%:

Warm up:

- 5 minutes on skipping/running to warm up.

BICEPS

Exercise	Sets	Reps	Weight	Time	Rest period
Normal dumbbell curls	1 2 3 4 5 6	20 15 15 10 8 4-6	10 Kg 12 Kg 15 Kg 17 Kg 20 Kg 25 Kg		40 seconds
SUPERSET:					
1. Barbell curls	1 2 3	15 15 15	30 Kg 30 Kg 30 Kg		40 seconds
2. Flat bar cable curls	1 2 3	15 12 10	50 Kg 55 Kg 60 Kg		40 seconds
SUPERSET:					
1. Front hammer curls	1 2 3	20 15 12	15 Kg 20 Kg 25 Kg		40 seconds
2. High pulley curls	1 2 3	15 15 15			40 seconds

TRICEPS

Exercise	Sets	Reps	Weight	Time	Rest period
Tricep push downs	1 2 3 4 5 6	20 15 15 12 10 20	50 Kg 60 Kg 70 Kg 80 Kg 90 Kg 50 Kg		40 seconds
SUPERSET:					
1. Scull crushers (with EZ bar)	1 2 3 4	15 15 12 10	30 Kg 35 Kg 40 Kg 45 Kg		40 seconds
2. Weighted plate dips	1 2 3 4	15 15 15 15	20 Kg 20 Kg 20 Kg 20 Kg		40 seconds
SUPERSET:					
1. One arm cable push downs	1 2 3 4	15 15 15 15	30 Kg 30 Kg 30 Kg 30 Kg		40 seconds
2. Close grip push ups	1 2 3 4	To Failure			40 seconds
SUPERSET:					
1. Close grip bench press	1 2 3 4	15 12 10 8	50 Kg 55 Kg 60 Kg 65 Kg		40 seconds
2. Hanging dips	1 2 3 4	12 – 10 12 – 10 12 – 10 12 – 10	20 Kg 20 Kg 20 Kg 20 Kg		40 seconds