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 | 123456 | 2015151084-6 | 10 Kg12 Kg15 Kg17 Kg20 Kg25 Kg |  | 40 seconds |
| **SUPERSET:** |
| 1. Barbell curls  | 123 | 151515 | 30 Kg30 Kg30 Kg |  | 40 seconds |
| 2. Flat bar cable curls | 123 | 151210 | 50 Kg55 Kg60 Kg |  | 40 seconds |
| **SUPERSET:** |
| 1. Front hammer curls | 123 | 201512 | 15 Kg20 Kg25 Kg |  | 40 seconds |
| 2. High pulley curls | 123 | 151515 |  |  | 40 seconds |

TrICEPS

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Exercise | Sets | Reps | Weight | Time | Rest period |
| Tricep push downs | 123456 | 201515121020 | 50 Kg60 Kg70 Kg80 Kg90 Kg50 Kg |  | 40 seconds |
| **SUPERSET:** |
| 1. Scull crushers (with EZ bar)  | 1234 | 15151210 | 30 Kg35 Kg40 Kg45 Kg |  | 40 seconds |
| 2. Weighted plate dips | 1234 | 15151515 | 20 Kg20 Kg20 Kg20 Kg |  | 40 seconds |
| **SUPERSET:** |
| 1. One arm cable push downs | 1234 | 15151515 | 30 Kg30 Kg30 Kg30 Kg |  | 40 seconds |
| 2. Close grip push ups | 1234 | To Failure |  |  | 40 seconds |
| **SUPERSET:** |  |  |  |  |  |
| 1. Close grip bench press | 1234 | 1512108 | 50 Kg55 Kg60 Kg65 Kg |  | 40 seconds |
| 2. Hanging dips | 1234 | 12 – 1012 – 1012 – 1012 – 10 | 20 Kg20 Kg20 Kg20 Kg |  | 40 seconds |