[](http://www.fitnish.com)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 |