

## Two Examples of Arm Workouts

Always remember to warm up before you exercise.

### Work Out 1

Order	Exercise	Reps	Sets	Tempo	Rest
A1	Lying EZ Bar Extensions to eyebrow	6-8	3	3110	0
A2	Close Grip Bench Press	4-6	3	3110	0
A3	Lying EZ Bar Extensions	4-6	3	3110	120
B1	Hammer Curls	4-6	3	3010	0
B2	E/Z Bar Curls	6-8	3	3010	0
B3	Hammer Curls	4-6	3	3010	120

### Work Out 2

Order	Exercise	Reps	Sets	Tempo	Rest
A1	Arm Curl	12	3	3010	45
A2	Tri Push down	12	3	3010	45
B1	Seated Dumbbell Curl	10	3	3110	30
B2	Dips	10	3	3011	30
C1	EZ Bar Reverse Curl	8	2	2010	45
C2	Wrist Curl	8	2	2010	30