



MUSCLEANDSTRENGTH.COM

THE BEST FOREARM WORKOUT FOR STRENGTH AND SIZE

Workout Summary

Main Goal: Build Muscle
Training Level: Beginner
Days Per Week: 2 Day
Program Duration: 8 Weeks
[Click here for the full workout!](#)

Equipment: Barbell, Dumbbells, Other
Target Gender: Male & Female
Author: Roger “Rock” Lockridge

Forearm Workout

Exercise	Sets	Reps
Reverse Grip Barbell Curl	2 - 3	8 - 12
Wrist Rollers	2 - 3	8 - 12
Fat Gripz Dumbbell Farmers Carry	2 - 3	45 - 60 Sec