



# AWESOME ARMS: 8 WEEKS TO BETTER BICEPS AND TRICEPS

## Workout Summary

**Main Goal:** Build Muscle  
**Training Level:** Beginner  
**Days Per Week:** 1 Day  
**Program Duration:** 8 Weeks  
[Click here for the full workout!](#)

**Equipment:** Barbell, Cables, Dumbbells, EZ Bar  
**Target Gender:** Male & Female  
**Author:** Roger “Rock” Lockridge

# 8-Week Workout for Better Biceps and Triceps

Exercise	Sets	Reps
Strict Curl (see notes below)	3	10, 8, 6
Close Grip Bench Press	3	10, 8, 6
Incline Dumbbell Curl	2	8, 6
Lying Tricep Extension	2	8, 6
Hammer Curl	2	8, 6
Single Arm Overhead Extension	2	8, 6
Reverse Grip Cable Curl	1	20
Straight Bar Tricep Extension	1	20

## How to Perform a Strict Curl:

- Grab a pair of dumbbells or a barbell and stand against a wall. The back of your arms should be pressed against the wall.
- Position your feet around shoulder-width apart.
- Moving only at your elbows, slowly curl the weight up as far as possible, squeezing the biceps at the top of the movement.
- Pause, and then slowly lower the weight.
- Repeat for desired reps.