

I  
**ARMS**  
GYM



***6 PERCENT***

F I T N E S S



## BEFORE YOU START

1. Complete each exercise for 3-4 sets before moving on to the next exercise!
2. Focus on proper form & FULL muscle contraction
3. If the workouts are not done to exhaustion -> INCREASE the amount of reps, or decrease your rest time.
4. If unable to finish an entire circuit -> DECREASE the amount of reps.
5. Review your workouts before the actual work out! Use google and other search engines to familiarize yourself with uncommon movements.



**6 PERCENT**

F I T N E S S

## AB GENERATOR

<https://ab-generator-1.web.app/home>

### LIFT 1

ARMS	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6
Exercise	EZ Bar 24'S	Tricep Rope Extensions, Overhead Tricep Extensions	Hammer Curls	Straight Bar Cable Pushdowns	Reverse Grip Cable Tricep Pushdowns	Single Arm Preacher Curls
Sets	3-4	3-4	3-4	3-4	3-4	3-4
Reps	24	10 on both	10	12	12	10 each
Rest	60-90 sec. rest between each lift					

### LIFT 2

ARMS	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6	EXERCISE 7
Exercise	Seated Hammer Curls + Drop Set	Overhead Tricep Extensions + Drop Set	Dumbbell Reverse Curls	Tricep Rope Extensions + Drop Set	Barbell Curls + Drop Set	Plate Front Raises + Drop Set	Plate Lateral Raises + Drop Set
Sets	3-4	3-4	3-4	3-4	3-4	3-4	3-4
Reps	10 on both	10 on both	12	12 on both	12 on both	10 on both	10 on both
Rest	60-90 sec. rest between each lift						



6PERCENT  
FITNESS

6PERCENT

3

## LIFT 3

ARMS	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6
Exercise	Alternating Dumbbell Curls	Incline Dumbbell Hammer Curls	Wide Grip Cable Curls	Close Grip Bench Press	Tricep Rope Extensions	Seated DB Overhead Tricep Extension
Sets	3-4	3-4	3-4	3-4	3-4	3-4
Reps	12 each arm	12 each arm	12	12	12	10
Rest	60-90 sec. rest between each lift					

## LIFT 4

ARMS	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6	EXERCISE 7
Exercise	Tricep Cable Pushdowns	Barbell Curls	Incline Single Arm Tricep Extensions	Rope Hammer Curls	Hammer Curls	EZ Bar Pushdown	Preacher Curls
Sets	6	6	3-4	3-4	3-4	3-4	3-4
Reps	10	10	10 each arm	10	10 each	10	10
Rest	60-90 sec. rest between each lift						

## LIFT 5

ARMS	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6	EXERCISE 7
Exercise	Bench Press	Incline Alternating Dumbbell Bench	Close Grip DB Bench	Barbell Shoulder Press	Barbell Rows	Dips	Plate Front and Lateral Raises
Sets	3-4	3-4	3-4	3-4	3-4	3-4	3-4
Reps	8	10 each arm	10	10	10	12	10 on both
Rest	60-90 sec. rest between each lift						

## LIFT 6

ARMS	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6	EXERCISE 7
Exercise	Bench Press	Close Grip DB Bench	DB Chest Fly's	Reverse DB Fly's	Incline Bench Machine	Lateral Shoulder Raise Machine	Barbell Curls
Sets	3-4	3-4	3-4	3-4	3-4	3-4	3-4
Reps	10	10	10	10	12	12	10
Rest	60-90 sec. rest between each lift						