



ARMS

DUMMBELL



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
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AB GENERATOR

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

LIFT 1

ARMS	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5
Exercise	Renegade Rows	Hammer Curls & Shoulder Press	Reverse Fly's	Bicep Curls	Bent-Over Rows & Upright Rows
Sets	3-4	3-4	3-4	3-4	3-4
Reps	10	10 each	10	10	10 each
Rest	60-90 sec. rest between each lift				

LIFT 2

ARMS	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5
Exercise	Dumbbell Bench & Close Grip Dumbbell Push-Ups	Hammer Curls	Seated Arnold Press & Upright Rows	Reverse Grip Curls	Shrugs
Sets	3-4	3-4	3-4	3-4	3-4
Reps	10 each	10 each arm	10 each	10 each arm	10
Rest	60-90 sec. rest between each lift				



LIFT 3

ARMS	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5
Exercise	Close Grip Dumbbell Bench	Chest Fly's	Bent Over Rows & Reverse Fly's	Bicep Curls	Dumbbell Front & Side Raises
Sets	3-4	3-4	3-4	3-4	3-4
Reps	10 each	10	10 each	10	10 each
Rest	60-90 sec. rest between each lift				

LIFT 4

ARMS	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5
Exercise	Bicep 21's	Overhead Tricep Extensions	Hammer Curls & Tricep Kick-backs	Single Arm Bent-Over Row	Shrugs
Sets	3-4	3-4	3-4	3-4	3-4
Reps	21	10	10 each	10 each	10
Rest	60-90 sec. rest between each lift				

LIFT 5

ARMS	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5
Exercise	Seated Hammer Curls + Drop Set	Overhead Extensions + Drop Set	Reverse Dumbbell Curls	Bicep Curls + Drop Set	Plate Front & Side Raises
Sets	3-4	3-4	3-4	3-4	3-4
Reps	10 each	10 each	10	10 each	10 each
Rest	60-90 sec. rest between each lift				

*Drop Set = Decrease the weight and repeat the same exercise.

LIFT 6

ARMS	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5
Exercise	Dumbbell Bench + Bicep Curls	Alternating Incline Dumbbell Bench	Underhand Bent-Over Rows	Seated Arnold Press	Renegade Rows
Sets	3-4	3-4	3-4	3-4	3-4
Reps	10 each	10	10 each	10	10
Rest	60-90 sec. rest between each lift				

