

BIGGER ARMS: 22 DAY PROGRAM

A step-by-step, equipment-light plan designed to add serious size and shape to your biceps and triceps in just 22 days. No excuses — just bigger arms.

MON	TUE	WED	THU	FRI	SAT	SUN
MEASURE DAY	BARBELL CURL (4 x 10)	CLOSE-GRIP BENCH (3x8)	INCLINE DUMBBELL CURL (4x12)	OVERHEAD EXTENSION (4x12)	PREACHER CURL (3x15)	ROPE PUSHDOWN (3x15)
REST	BARBELL CURL (4 x 10)	CLOSE-GRIP BENCH (3x8)	INCLINE DUMBBELL CURL (DROP -SET X3)	OVERHEAD EXTENSION (DROP-SET X3)	PREACHER CURL (3x10)	ROPE PUSHDOWN (2X10)
REST	BARBELL CURL (3 x 10)	CLOSE-GRIP BENCH (3x8)	INCLINE DUMBBELL CURL (3x12)	OVERHEAD EXTENSION (3X12)	PREACHER CURL (3x15)	ROPE PUSHDOWN (3X15)
REST	GIANT SET	MEASURE DAY 2				

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BICEPS EXERCISES



Barbell Curl

Keep your elbows close to your body and lift the barbell using only your biceps. Avoid swinging or using momentum; control the weight both up and down.



Incline Dumbbell Curl

Lie on a 45° incline bench with arms hanging fully extended. Curl the dumbbells slowly without moving your shoulders or elbows forward.



Preacher Curl

Sit at a preacher bench with your upper arms firmly supported. Curl the weight up and lower it slowly for full biceps engagement.

TRICEPS EXERCISES



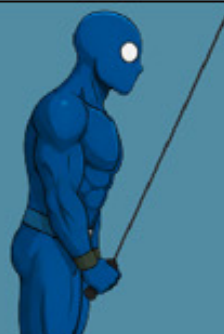
Close-Grip Bench Press

Use a shoulder-width grip and keep your elbows tucked. Lower the bar to the lower chest and press up, focusing on triceps activation.



Overhead Extension (EZ Bar or Dumbbell)

Hold the weight overhead with elbows pointing up. Lower it behind your head slowly, then extend your arms fully without flaring your elbows.



Rope Pushdowns

Keep elbows fixed to your sides and push the rope down, spreading it at the bottom. Pause for 1-2 seconds and control the return.

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Day 1 – Triceps: Close-Grip Bench Press – 4×10

Use a moderate weight. Focus on form with elbows close and pause 1 second at the bottom.

Day 2 – Biceps: Barbell Curl – 4×10

Strict form, elbows fixed. Avoid swinging. Slow 3-second negative.

Day 3 – Triceps: Overhead Extension – 4×12

Full range of motion. Lower slowly behind the head. Elbows stay narrow.

Day 4 – Biceps: Incline Dumbbell Curl – 4×12

Use an incline bench (45°). Arms hang freely. Curl slowly with full stretch.

Day 5 – Triceps: Rope Pushdowns – 3×15

Push and spread the rope at the bottom. Hold for 1-2 seconds.

Day 6 – Biceps: Preacher Curl – 3×15

Elbows fixed. Control every rep. Emphasize the negative phase.

Day 7 – REST

Day 8 – Triceps: Close-Grip Bench – 3×8 (RPE 8)

Heavier load. Still controlled. Pause at bottom.

Day 9 – Biceps: Barbell Curl – 3×8 (RPE 8)

Tight form. No cheating. Moderate-heavy weight.

Day 10 – Triceps: Overhead Extension – Drop Set x3

Perform 8-10 reps to failure → drop weight by 25% → repeat twice.

Day 11 – Biceps: Incline Curl – Drop Set x3

Same method: 3 drop levels after initial failure set.

Day 12 – Triceps: Rope Pushdowns + Iso-metric Hold – 2×20

At end of each set, hold rope at bottom for 10 seconds.

Day 13 – Biceps: Preacher Curl (Negatives) – 3×10

Partner-assisted up, then 4-6 sec controlled descent.

Day 14 – REST

Day 15 – Triceps: Close-Grip Bench Press with Pauses – 3×10

Pause 2 seconds at the bottom of each rep.

Day 16 – Biceps: Barbell Curl (Slow Reps + Iso Hold) – 3×10

Tempo 3 sec up, 3 sec down. Hold 5 sec mid-rep.

Day 17 – Triceps: Overhead Extension (Stretch Focus) – 3×12

Full stretch in bottom position. Slow execution.

Day 18 – Biceps: Incline Curl (Minimal Rest) – 3×12

Rest only 15 seconds between sets. Light weight, strict form.

Day 19 – Triceps: Rope Pushdowns (High Tempo) – 3×15

Fast reps with controlled technique. Max pump focus.

Day 20 – Biceps: Preacher Curl (Statodynamic) – 3×15

Partial range reps in middle 1/3 of motion. 8-12 sec tension.

Day 21 – REST

Day 22 – Giant Set (Arms Finish)

Do 1 set of each exercise in sequence without rest:

1. Close-Grip Bench Press
2. Overhead Extension
3. Rope Pushdowns
4. Barbell Curl
5. Incline DB Curl
6. Preacher Curl

→ Rest 2-3 min and repeat for 1-2 rounds. Light weight. Max pump.

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