

WORKOUT BRO

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	INCLINE WAITER CURL 4 sets of 10 reps	BENCH DIPS 4 sets to failure	CROSS BODY HAMMER CURLS 4 sets of 12 reps each am	TRICEPS PUSHDOWN 4 sets of 12 reps	CHEAT BICEPS CURLS 4 sets of 8 reps (3 sec eccentric)	LYING TRICEPS EXTENSIONS 4 sets of 8 reps (3 sec eccentric)
REST	INCLINE WAITER CURL 4 sets of 10 reps (+3 pulses on every rep)	BENCH DIPS 4 sets to failure (+3 pulses on every rep)	CROSS BODY HAMMER CURLS 4 sets of 12 reps each am (+weight)	TRICEPS PUSHDOWN 4 sets of 12 reps (+weight)	CHEAT BICEPS CURLS 4 sets of 8 reps (4 sec eccentric)	LYING TRICEPS EXTENSIONS 4 sets of 8 reps (4 sec eccentric)
REST	INCLINE WAITER CURL 4 sets of 10 reps (+6 pulses on every rep)	BENCH DIPS 4 sets to failure (+6 pulses on every rep)	CROSS BODY HAMMER CURLS 4 sets of 12 reps each am (+weight)	TRICEPS PUSHDOWN 4 sets of 12 reps (+weight)	CHEAT BICEPS CURLS 4 sets of 8 reps (5 sec eccentric)	LYING TRICEPS EXTENSIONS 4 sets of 8 reps (5 sec eccentric)
MEASURE DAY 2						