**Arms Workouts**

Training your arms will create a “strong” looking aspect to your physique as it rounds out the rest of your silhouette. Time to make those guns pop! Choose a workout that suits you from our options below!

Workout 1: Strength Focused

Strength training is different from all muscle groups, they are the smallest muscle group, so they should not be trained with too much strain. Strength training arms involve using moderate not heavy weight, but still sticking to single digit reps. The volume is also a bit high since training arms involves training the biceps and triceps, two different muscle groups.

1. 3x8 barbell curl
2. 3x8 standing dumbbell bicep curl
3. 3x8 dumbbell hammer curls
4. 3x8 tricep rope push downs
5. 3x8 tricep rope extensions
6. 3x8 skullcrushers

Important tip: try not to rush the workout so your energy disperses evenly through all the exercises!

Workout 2: Volume Focused

This workout will still follow the 6-exercise structure, but will utilize lighter weight and more reps to balance it out.

1. 4x15 seated dumbbell curl
2. 4x15 cable bicep curl
3. 4x15 rope hammer curls
4. 4x15 dumbbell tricep extensions
5. 4x15 tricep dips
6. 4x15 diamond push-ups

Important tip: try this workout only when you're feeling well rested and recovered; it’s very taxing!

Workout 3: Beginner Focused

This workout will help you get used to the movement of arm training, as it involves training two different muscle groups with different paths of function, the biceps and triceps.

1. 3x10 barbell bicep curl
2. 3x10 dumbbell hammer curls
3. 3x10 diamond push-ups
4. 3x10 tricep rope extensions

Important tip: use very light weight and focus on your form!