

Biceps, Triceps & Forearm Workout Plan

Biceps Workout

Exercise	Equipment	Reps	Sets	Rest Between Sets
Biceps Lift Dumbbell	Dumbbell	20	4	45-60 sec
Alternating Longitudinal Lift Dumbbell	Dumbbell	20	4	45-60 sec
Side Lift Dumbbell	Dumbbell	20	4	45-60 sec
Hammer Hold with Alternative Dumbbell	Dumbbell	20	4	45-60 sec
Lifting with U-Turn Dumbbell	Dumbbell	20	4	45-60 sec
Dead Side Lift Dumbbell	Dumbbell	20	4	45-60 sec
Heavy Lift Dumbbell	Dumbbell	20	4	45-60 sec
Zig Zag Rod - Full Down Up	Zig Zag Rod	-	-	45-60 sec
Barbell Bicep Curls	Barbell	20	4	45-60 sec

Triceps Workout

Exercise	Equipment	Reps	Sets	Rest Between Sets
Diamond Push-ups	Bodyweight	50	4	45-60 sec
Dumbbell Dips	Dumbbell	20	4	45-60 sec
One Arm Kick Back (R-L)	Dumbbell	20	4	45-60 sec
One Arm Overhead (R-L)	Dumbbell	20	4	45-60 sec
Dumbbell Overhead Extension	Dumbbell	20	4	45-60 sec
Barbell Overhead Extension	Barbell	20	4	45-60 sec

Forearms Workout

Exercise	Equipment	Reps	Sets	Rest Between Sets
Barbell Reverse / Straight - Wrist Curls	Barbell	20	4	45-60 sec
EZ Bar Reverse Curls	EZ Bar	20	4	45-60 sec
Dumbbell Seated Wrist Curls	Dumbbell	20	4	45-60 sec
Barbell Bench Press Wrist Curls (Reverse & Straight)	Barbell	20	4	45-60 sec
Dumbbell Wrist Rotations	Dumbbell	20	4	45-60 sec