

ONE on ONE

Just Arms

Volume 1

Date / Week	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Sitting Bicep Curls										
Forearm Curls										
Lying Tricep Exten										
Sitting Bicep Curls										
Forearm Curls										
Lying Tricep Exten										
Incline Bicep Curls										
Rev Forearm Curls										
Tricep Kickbacks										
Incline Bicep Curls										
Rev Forearm Curls										
Tricep Kickbacks										
Bicep 21's										
Forearm Sandwich										
Side-Tri-Rise										
Bicep 21's										
Forearm Sandwich										
Side-Tri-Rise										
Crazy 8's										
"Off The Butt" Forearm										
Hammer Curls										
Tricep Throws										
Crazy 8's										

What you'll need: dumbbells, a chair or a weight bench if you have one, not required.

