



# Workout Routine Sample

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## Barbell Workout Routine for Arms

Printed on Apr 27 2010

### Workout Routine Snapshot

1 Workout Days

0 Cardio Exercises

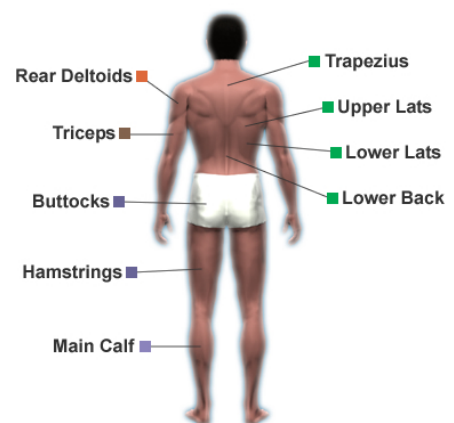
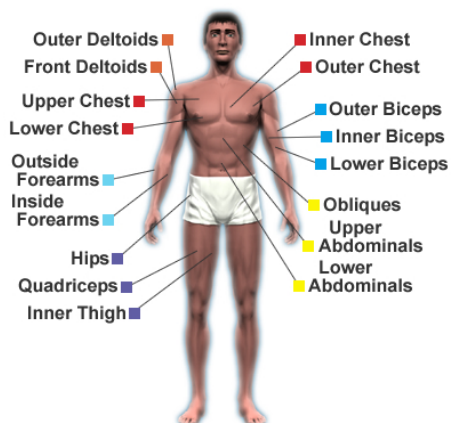
4 Strength Training →

0 Stretching Exercises









2 ■ Forearms

1 ■ Biceps

1 ■ Triceps



# Barbell Workout Routine for Arms - Day 1

Cardio / Strength Training		# of Sets	# of Reps	Progress Log							
■ Biceps   Biceps Curl (Barbell) - Standing											
		3	6								
■ Triceps   Triceps Extension (Barbell) - Seated											
		3	6								
■ Forearms   Wrist Curl (Barbell)											
		3	6								
■ Forearms   Wrist Extension (Barbell)											
		3	6								



### ■ Biceps | Biceps Curl (Barbell) - Standing

**Secondary Muscles** Inside Forearms

**Starting Position** Stand up and hold the barbell with your hands, palms facing forward in a medium-grip position.

**Motion** Raise the barbell up towards your shoulders and slowly lower it back down after a short pause.

**Tips/Caution** Keep your back and upper arms still throughout.



### ■ Triceps | Triceps Extension (Barbell) - Seated

**Secondary Muscles** Inside Forearms

**Starting Position** Sit on one end of the bench and hold a barbell behind your head, upper arms pointing up, elbows at 90 degree angles.

**Motion** Raise the barbell by straightening your arms and slowly lower it back after a short pause.

**Tips/Caution** Keep your upper arms still throughout.



### ■ Forearms | Wrist Curl (Barbell)

**Secondary Muscles** Inside Forearms

**Starting Position** Sit on one end of a bench and hold the barbell, wrists against your knees, palms facing up.

**Motion** Raise the barbell up by curling your wrists and slowly lower it back down after a short pause.

**Tips/Caution** Keep your forearms pressed against your thighs throughout.



### ■ Forearms | Wrist Extension (Barbell)

**Secondary Muscles** Outside Forearms

**Starting Position** Sit on one end of a bench and hold the barbell, wrists against your knees, palms facing down.

**Motion** Raise the barbell up by extending your wrists and slowly lower it back down after a short pause.

**Tips/Caution** Keep your forearms pressed against your thighs throughout.