



# Workout Routine Sample

Create, Print, Track and Chart

your own at:

**FitnessBliss.com**

## Gym Workout Routine for Arms

Printed on Apr 27 2010

### Workout Routine Snapshot

1 Workout Days

0 Cardio Exercises

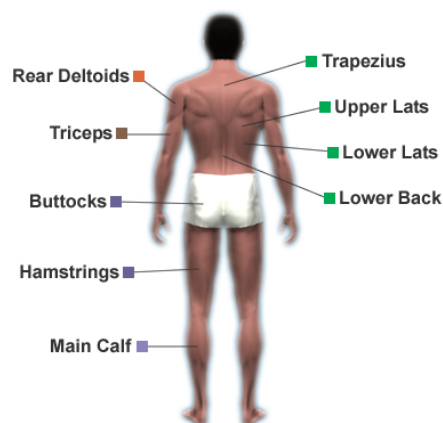
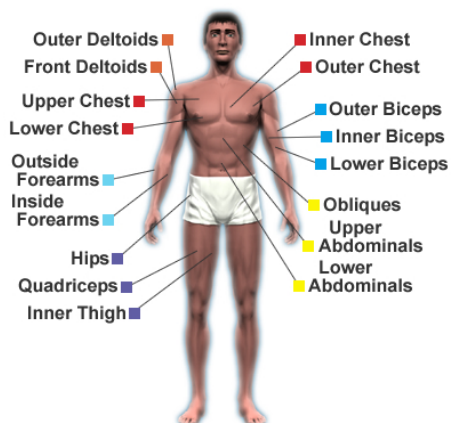
4 Strength Training →

0 Stretching Exercises

2 ■ Triceps









1 ■ Biceps

1 ■ Forearms



# Gym Workout Routine for Arms - Day 1



Cardio / Strength Training		# of Sets	# of Reps	Progress Log							
■ Biceps   Biceps Curl (Gym Equipment) - Preacher											
		3	6								
■ Triceps   Triceps Extension (Gym Equipment)											
		3	6								
■ Triceps   Triceps Dip - Reverse Grip											
		3	6								
■ Forearms   Hand Squeeze (Small Ball)											
		3	6								



### ■ Biceps | Biceps Curl (Gym Equipment) - Preacher

**Secondary Muscles** Inside Forearms, Lower Biceps

**Starting Position** Sit down on the bench and grab the handle with both hands, upper arms against the arm pad.

**Motion** Pull the handlebars up as far as you comfortably can and let them slowly swing back after a short pause.

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



### ■ Triceps | Triceps Extension (Gym Equipment)

**Secondary Muscles** Inside Forearms

**Starting Position** Sit on the bench, fasten seat belt (if any) and place your arms up against the arm rests.

**Motion** Push the handles forward and down by straightening your arms and slowly let it swing back after a short pause.

**Tips/Caution** Breathe out while pushing and breathe in while releasing.



### ■ Triceps | Triceps Dip - Reverse Grip

**Secondary Muscles** Lower Chest

**Starting Position** Grab both bars with your hands and lower yourself until your head and your elbows are at the same height.

**Motion** Push your body up by straightening your arms and slowly lower yourself back after a short pause.

**Tips/Caution** Breathe out while raising yourself and breathe in while lowering yourself.



### ■ Forearms | Hand Squeeze (Small Ball)

**Secondary Muscles** Hands

**Starting Position** Stand up and grasp one tennis-sized ball in the palm of your hand.

**Motion** Squeeze the ball and slowly release your grip after a short pause. Alternate hands after a set.

**Tips/Caution** Keep your arms straight throughout.