

The Arms. Probably the first thing most people think about working out and showing off to their friends. The arms are divided up into the bicep and tricep. In this workout you'll start with supersets that chases the pump from both sides. Finish off with isolations and focus on the mind-muscle connection of each part.

Arms 1	Exercise	Rest Between Sets	Sets	Reps	Note
	Warm-Up				
1a	21s	30 seconds between supersets	3 supersets	21	7 reps at the bottom, 7 at the top, and 7 full range.
1b	Supinated Dips			15	Keep your shoulders from moving up and down.
2a	Alternating Dumbbell Curl	30 seconds between supersets	3 supersets	15	5 reps at a time on each side
2b	Rope Push Down			15	Keep your elbows from moving
3	Preacher Curl	30 seconds	3 sets	15	Put your whole tricep on the pad.
4	Tricep Extension	30 seconds	3 sets	15	Brace your core.