

Arm SuperSets Workout

- Superset one: Barbell curls superset with lying triceps extensions - 4 sets of 10 to 12 reps
- Superset two: Alternate dumbbell curls superset with pushdowns - 4 sets of 10 to 12 reps
- Superset three: Seated incline curls superset with kneeling rope extensions - 4 sets of 10 to 12 reps
- Superset four: Concentration curls superset with one-arm triceps extensions - 4 sets of 10 to 12 reps
- Bench Dips - 2 sets of 26 reps

VERY good workout, and it's ALL supersets. You'll do Barbell Curls and then go STRAIGHT to Lying Triceps Extensions with NO rest. That's 1 set. Take a 30 sec. rest and do another set of that same thing, until you get 4 sets. Take a couple minutes to catch your breath and move on to the next 2 moves.

Date:

Superset	Exercise	Set 1	Set 2	Set 3	Set 4
#1	Barbell Curls				
	Lying Tricep Extensions				
#2	Alternate Dumbbell Curls				
	Pushdowns				
#3	Seated Decline Curls				
	Kneeling Rope Extensions				
#4	Concentration Curls				
	One Arm Tricep Extension				
	Bench Dips				