

Supastrong Big Arms Program

Level: Intermediate

Equipment: BFR bands, Resistance bands, barbell, dumbbells, common gym equipment.

Workout A: Chest/Triceps

Warm up: 3 sets

Floor Flyes	12-15 reps
Single Arm Dumbbell Bench	10 reps

Superset 1: Chest/Triceps: work up to heavy set of 7 on the close grip bench - Rest 2 mins

Depth Push ups	3 reps
Close Grip Bench	7 Reps (work up to heavy set of 7)

Superset 2: Chest/Shoulders - Rest 90 sec

Dips	Max reps
Plate Front Raise	12-15 reps

BFR Triceps: 10 Minutes

Banded Triceps Extensions	Max Reps (burn 'em out)
Lateral Triceps Extensions	15-25 reps

Workout B: Back/Biceps

Warm up: 3 Sets - Rest 60 seconds

Reverse Shrugs	10 reps
Banded Good Mornings	10 reps

Superset 1: Back/Biceps: 3 sets - Rest 2 mins

Deadlift	5 reps (work up to heavy 5)
Chin ups	Max reps

Superset 2: Back/Biceps: 3 sets - Rest 90 sec

Dumbbell Rows	8/10 reps (go heavy)
Seated Curls	8-10 reps

BFR Arms: 10 mins - Rest: only when necessary

Plate Curls	15-25 Reps
Rear Delt Raises	15-25 Reps
Reverse Curls	15-25 Reps

Workout C: Leg Day

Warm Up: light cardio/calisthenics/body squats/dynamic stretching

Squat: 3 x 5 Reps, then 1 x 20 reps

Hip Bridge: 4 x 10-12 Reps

BFR Legs: Walking Lunges: 3 x 30 lunges/leg

Workout D: Chest/Shoulders/Arms

Warm Up: 3 Sets - Rest 60 Seconds

Empty barbell overhead press	10 Reps
Banded Pull Aparts	12-15 Reps

Standing Overhead Press: 3 sets of 5 Reps - Rest 2 mins Reach heavy set of 5

Superset 1: Chest/Shoulders x 3 sets - Rest 90 seconds

Arnold Press	12-15 reps
Deficit Push ups	Max reps

Superset 2: Chest/Shoulders x 3 sets - Rest 90 seconds

Dmbl Hex Press	15 reps
Lateral Raises	15 reps

BFR Arms Circuit: 10 minutes - Rest only when needed

Plate Curls (or hammer curls)	20 reps
Overhead Triceps Ext	20 reps
Reverse Curls	20 reps
Banded Triceps ext	20 reps

Supastrong.net email contact@supastrong.net with questions or comments