



Arm Blaster Workout

Perform this arm blaster workout two-three times a week for explosive arm size and strength. Complete the four exercises in a row, rest 3 minutes and complete 3 more circuits

Workout



Dumbbell Curl -- Seated

SETS	REPS	DISTANCE	DURATION	TEMPO	REST PERIOD	WEIGHT LOAD	INTENSITY
4	12			Moderate	0 sec		

Description

- Seated on the bench with your torso stabilized, hold the dumbbells down at your sides with palms forward.
- Keep your chest up and your elbows braced at your sides at all time.
- Bend your elbows and pull the dumbbells up toward the shoulders until your elbows can't bend any more.
- Return slowly to the bottom position.

ProTip

- Always point the elbows straight down, never letting them swing forward or back

Mistakes

- Letting the elbows move forward instead of keeping them back against the torso
- Leaning back excessively
- Swinging the body



EQUIPMENT

- Dumbbells



Bench Dip -- Feet Elevated

SETS	REPS	DISTANCE	DURATION	TEMPO	REST PERIOD	WEIGHT LOAD	INTENSITY
4	15			Moderate	0 sec		

Description

- Balance between two benches, with your feet on one bench and your hands on the other.
- Keep your chest up and your back straight at all time.
- Lower yourself until your elbows are bent to about 90 degrees.
- Then press back up to straight arms.

ProTip

- Keep your back close to the bench throughout the motion

Mistakes

- Dropping the head
- Shrugging the shoulders



EQUIPMENT

- Bench



Alternating Hammer Curl -- Standing

SETS	REPS	DISTANCE	DURATION	TEMPO	REST PERIOD	WEIGHT LOAD	INTENSITY
4	12			Moderate	0 sec		

Description

- Standing with your body stabilized, hold the dumbbells down at your sides, palms facing your legs.
- Keep your chest up and your elbows braced at your sides at all time.
- Starting with one arm, bend the elbow and pull the dumbbell up to the shoulder, and then lower it.
- Repeat with the other side.

ProTip

- Always point the elbows straight down, never letting them swing forward or back

Mistakes

- Letting the elbows move forward instead of keeping them back against the torso
- Leaning back excessively
- Swinging the body



EQUIPMENT

- Dumbbells



Lying Triceps Extension

SETS	REPS	DISTANCE	DURATION	TEMPO	REST PERIOD	WEIGHT LOAD	INTENSITY
4	12			Moderate	0 sec		

Description

- Lie on your back on a bench and hold the dumbbells over your chest with straight arms.
- Bend the elbows and lower the dumbbells toward the top of your shoulders.
- Keep your elbows pointed to the ceiling.
- Return the dumbbells to the top by straightening your arms.

ProTip

- Keep your elbows facing the ceiling and don't let them swing

Mistakes

- Allowing the elbows to swing forward or backward
- Not bending the elbows to at least 90 degrees
- Not extending the elbows straight



EQUIPMENT

- Dumbbells