

InnerFight

Endure

Conquer

Achieve

GUNZ

Standing Dumbbell Curls X 10

Wills 21's

Olympic Bar Curls X10

Z-Bar Standing Curls 25 total

Rest 1 min this is 1 round, repeat 3 rounds

Tri Pus Downs X10

Decline close grip press ups X 10 (see press up variations)

Z-Bar Seated Triceps Extension X10

Standing Plate Extensions X 10

Rest 1 min this is 1 round, repeat 3 rounds

InnerFight Guide and Tips

Want arms like Arnie? This will give you just that. This is giant sets as its best, the muscles will be pumped up to the max by the end of the third rounds here. Ensure that you concentrate all efforts on the arms and don't be tempted to swing into the movement using other parts of the body. We want you to grow your arms, do it right and you will know about it.

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