

powerful**ARMS**

by John Edwin

In most arm workout articles, you will find guys with massive arms that promise unrealistic results. In this article, however, you will find a challenging and practical 30-minute arm workout that will produce results for all fitness levels. This workout will give you stronger arms, and when done one to two times per week, you will feel and see a big difference in your biceps and triceps.



▲ rev curls



▲ EZ curl bar



▲ dip

Let's define two different types of sets, supersets and compound sets.

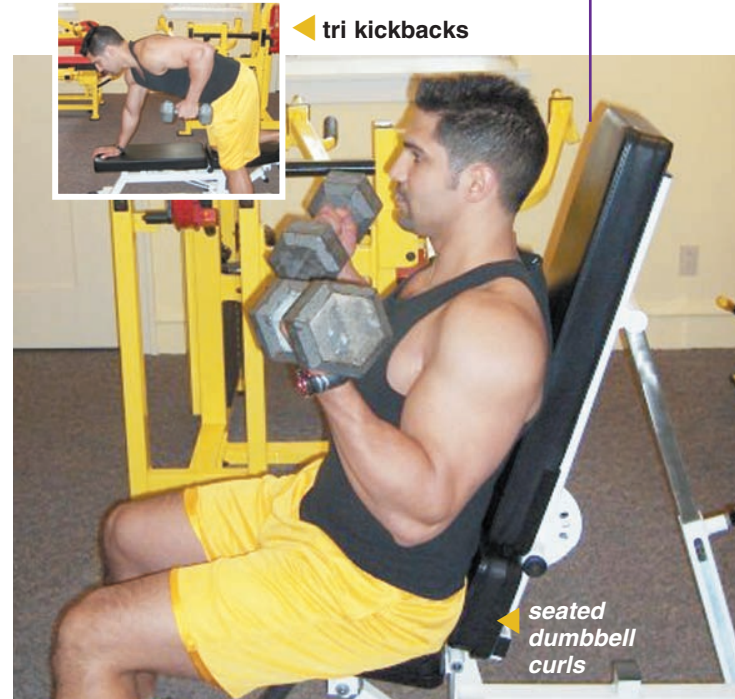
- **Supersets:** two exercises that when performed stress opposing muscles. For example, when training your biceps, your triceps are resting. This is an effective and efficient way to train because one muscle group is working while the opposite group is resting. The series gives you an incredible pump!
- **Compound Sets:** This involves taking two different exercises and performing them back-to-back for the same muscle group (i.e. dumbbell curls followed by hammer curls). This is an excellent way to train, not only for an incredible burn, but also to break that dome plateau.

This workout gives you both supersets and compound sets. It involves eight exercises that are paired together to give you a great arm workout. Because the workout is designed for efficiency, your rest time between sets should only be 45-60 seconds. For example, your first two exercises are dips immediately followed by bicep curls using an ez curl bar, then rest 45-60 seconds and repeat.

Every set has a specific number of repetitions to be performed so that your last three repetitions of every set are extremely hard. Please use an amount of weight specific to your fitness level to perform the number of repetitions given. Remember safety is your first concern so make sure that you perform every set with proper technique. Also, if traditional dips or reverse pull-ups are too difficult, try an assisted dip/pull up machine. Work hard, have fun and you will have powerful arms!

POWERFUL ARMS ROUTINE

- Superset
 Dips 15 reps x 3 sets
 EZ Curls 60 lb/12 reps x 3 sets



▲ tri kickbacks

▲ seated dumbbell curls

COMPOUND SET

- Skull Crushes using dumbbell 80 lb/12 reps x 3 sets
 Rope Tricep Extension 80 lb/10 reps x 3 sets

COMPOUND SET

- Chin-ups 8 x 3 sets
 Reverse EZ Bar Curls 55 lb/ 12 reps x 3 sets

SUPERSET

- Seated Dumbbell Curls 30 lb/12 reps x 3 sets
 Triceps Kick Backs 20 lbs/15 reps x 3 sets



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He graduated with a degree in Exercise Science from Liberty University and is certified through the American College of Sports Medicine (ACSM) and the National Strength and Conditioning Association (NSCA). Contact him at johnedwin@phillyfitmagazine.com