

How To Build Arms Like A Pro

Exercise	Sets & Reps	Rest Between Sets
Chin Ups	4 x 6-8	90 seconds – 2 minutes
Close Grip Bench Press	4 x 6-8	90 seconds – 2 minutes
Wide Grip Bicep Curls	3 x 9-12	60 – 90 seconds
Dips	3 x 9-12	60 – 90 seconds
Spider Curls	3 x 12-15	45 – 60 seconds
Overhead Tricep Extension	3 x 12-15	45 – 60 seconds