

Rich Piana 8 Hour Arm Workout – Add An Inch To Your Arms In 24 Hours

Workout A

Exercise	Sets	Reps
Skull Crusher	4	10
Barbell Curl	4	10

Workout B

Exercise	Sets	Reps
Single Arm Dumbbell Extension	4	15
Barbell Dumbbell Hammer Curls	4	15