



WORKOUT PLAN PDF

17 INCHES – ARMS TRAINING PROGRAM

17 INCHES is a 10 weeks Arm training program to build size of Biceps & Triceps. This will help to gain 1-2 inches arms size and 8-10 pounds of muscle mass in 10 weeks. Follow the exact workout & nutrition plan for the proper results.

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WORKOUT SPLIT

	OPTION 1	OPTION 2
MONDAY	STRENGTH – BICEPS/TRICEPS	-----
TUESDAY	-----	STRENGTH – BICEPS/TRICEPS
WEDNESDAY	-----	-----
THURSDAY	ENDURANCE – BICEPS/TRICEPS	-----
FRIDAY	-----	ENDURANCE – BICEPS/TRICEPS
SATURDAY	-----	-----
SUNDAY	REST	REST

Combine it with other workout plan

STRENGTH

		EXERCISES	SETS	REPS	ALTERNATE EXERCISES
0	WARM UP	DB CURL OR EMPTY BARBELL TRICEPS PUSHDOWN	2-3	15-20	-----
1	SUPER SET	1A. EZ BARBELL CURL 1B. HAMMER CURL	3	8-7-6	STRAIGHT BAR CURL
2	SUPER SET	2A. BARBELL PREACHER CURL 2B. DB CON. CURL	3	8-7-6	DB PREACHER CURL
3	SUPER SET	3A. ROPE CURL 3B. ROPE OVERHEAD EXT.	3	8-7-6	CLOSE GRIP BAR CURL
4	SUPER SET	4A. SKULL CRUSHER 4B. DB KICKBACK	3	8-7-6	-----
5	SUPER SET	5A. DB OVERHEAD EXT. 5B. WEIGHTED CLOSE GRIP INCLINE PUSHUP	3	8-7-6	-----
6	SUPER SET	6A. WRIST CURL (PALM UP) 6B. STANDING WRIST CURL	3	8-7-6	WRIST CURL (PALM FACING DOWN)

REST IS 2-3 MIN IN BETWEEN THE SET. THERE IS NO REST IN-BETWEEN THE SUPER SET.

ENDURANCE

		EXERCISES	SETS	REPS	ALTERNATE EXERCISES
0	WARM UP	DB CURL OR EMPTY BARBELL TRICEPS PUSHDOWN	3	15-20	-----
1	SUPER SET	1A. DRAG CURL 1B. SINGLE HAND DB CURL (INWARD)	3	8-7-6	-----
2	SUPER SET	2A. SEATED DB CURL (OUTWARD) 2B. LAYING CABLE CURL	3	8-7-6	HIGH ANGLE CABLE CURL
3	SUPER SET	3A. DECLINE HAMMER CURL 3B. CLOSE GRIP BENCH PRESS	3	8-7-6	DECLINE BARBELL CURL

4	SUPER SET	4A. TRICEP PUSHDOWN 4B. CABLE OVERHEAD PUSH FORWARD	3	8-7-6	-----
5	SUPER SET	5A. TRICEP EXTENTION 5B. DENCH DIPS	3	8-7-6	REVERSE GRIP PRESSDOWN

REST IS 1-2 MIN IN BETWEEN THE SET. THERE IS NO REST IN-BETWEEN THE SUPER SET.

WORKOUT COMBINATIONS

HERE'S THE SAMPLE WORKOUT SPILTS, IF YOU WANT TO COMBINE 17INCHES PROGRAM WITH OTHER BODY PARTS.

NOTE: DO NOT MISS ANY OTHER MUSCLE WHILE FOLLOWING 17 INCHES PROGRAM.

FOLLOW ANY OF THE SPLIT BELOW

	SPLIT 1
MONDAY	STRENGTH – BICEPS/TRICEPS
TUESDAY	CHEST
WEDNESDAY	BACK + ABS
THURSDAY	ENDURANCE – BICEPS/TRICEPS
FRIDAY	SHOULDERS + CARDIO
SATURDAY	LEGS
SUNDAY	REST

	SPLIT 2
MONDAY	CHEST + ABS
TUESDAY	STRENGTH – BICEPS/TRICEPS
WEDNESDAY	BACK
THURSDAY	SHOULDERS + CARDIO
FRIDAY	ENDURANCE – BICEPS/TRICEPS
SATURDAY	LEGS
SUNDAY	REST

	SPLIT 3
MONDAY	CHEST + ABS
TUESDAY	STRENGTH – BICEPS/TRICEPS
WEDNESDAY	BACK
THURSDAY	SHOULDERS + CARDIO
FRIDAY	ENDURANCE – BICEPS/TRICEPS
SATURDAY	LEGS
SUNDAY	REST

	SPLIT 4
MONDAY	CHEST + TRICEPS (STRENGTH)
TUESDAY	BACK + BICEPS (STRENGTH)
WEDNESDAY	CARDIO + ABS
THURSDAY	SHOULDERS
FRIDAY	ENDURANCE – BICEPS/TRICEPS
SATURDAY	LEGS
SUNDAY	REST

	SPLIT 5
MONDAY	CHEST
TUESDAY	STRENGTH – BICEPS/TRICEPS
WEDNESDAY	BACK
THURSDAY	CARDIO + ABS
FRIDAY	SHOULDERS + BICEPS (ENDURANCE)
SATURDAY	LEGS + TRICEPS (ENDURANCE)
SUNDAY	REST

NOTE: GIVE 48-72 HOURS REST IN-BETWEEN THE ARMS (STRENGTH) AND ARMS (ENDURANCE) EXERCISES.