

GULSHAN KUMAR // Presents



# ULTIMATE ARMS

DESIGNED & CREATED BY GURU MANN

8 WEEK ARMS WORKOUT PROGRAM TO ADD **MASS & DEFINITION**

## WORKOUT PLAN

by Guru Mann

MONDAY	Biceps MASS
TUESDAY	Triceps MASS
WEDNESDAY	
THURSDAY	Biceps DEFINITION
FRIDAY	Triceps DEFINITION
SATURDAY	
SUNDAY	

MONDAY - BICEPS MASS			
Numbers	Exercises	Sets	Reps/set
1	Standard Grip Barbell Curl + Close Grip Barbell Grip	3	8
2	Dumbbell hammer curl + DB Incline Curl	3	8
3	Machine Preacher Curl	3	8
4	Reverse Cable Curl + DB Wrist Curl	2	8

**NOTE: Rest 90sec after every set**

TUESDAY - TRICEPS MASS			
Numbers	Exercises	Sets	Reps/set
1	Decline Barbell Skull Crusher + Barbell Tricep presses	3	8
2	Triceps Press downs	3	8
3	Triceps Machine Press down	3	8
4	DB Overhead Extension	3	8

**NOTE: Rest 90sec after every set**

<b>THURSDAY - BICEPS DEFINITION</b>			
<b>Numbers</b>	<b>Exercises</b>	<b>Sets</b>	<b>Reps/set</b>
1	Cable Curl	3	16
2	DB Single Hand Curl (Wrist Inwards)	3	16
3	DB Frog Conc. Curl	3	16
4	Lat Bar Curl + Cable Higher Angle Curl	3	16

**NOTE: Rest 45sec after every set**

<b>FRIDAY - TRICEPS DEFINITION</b>			
<b>Numbers</b>	<b>Exercises</b>	<b>Sets</b>	<b>Reps/set</b>
1	Incline Barbell Skull Crusher	3	16
2	Cable Underhand Pressdown	3	16
3	Cable Kick back	3	16
4	Triceps Dench Dips	3	16

**NOTE: Rest 45sec after every set**

**WATCH ALL THE EXERCISES VIDEOS ON T-SERIES "HEALTH AND FITNESS" YOUTUBE CHANNEL.**