

MuscleTech.com
Attention-Grabbing Arms Routine
The 8-Week Schedule



Date: _____ Time Started: _____ Warm-Up/Stretch
 Weight: _____ Time Finished: _____ Cooldown

Weeks 1 and 2	Weight (lbs.)	Reps (Target)	Reps (Comp.)	Instructions	
Barbell Curls				Perform Barbell Curls followed immediately by Push-Downs , and then take a 2-minute break before doing another superset. Do 5 supersets of 6 to 10 reps for each exercise. Your first superset should be a warm-up with lighter weight.	
SUPERSET 1		6 to 10			
SUPERSET 2		6 to 10			
SUPERSET 3		6 to 10			
SUPERSET 4		6 to 10			
SUPERSET 5		6 to 10			
Push-Downs					
SUPERSET 1		6 to 10			
SUPERSET 2		6 to 10			
SUPERSET 3		6 to 10			
SUPERSET 4		6 to 10			
SUPERSET 5		6 to 10			
Weeks 3, 4, 7, and 8	Weight (lbs.)	Reps (Target)	Reps (Comp.)		Instructions
Concentration Curls					Perform Concentration Curls followed immediately by One-Arm Dumbbell Extensions , and then take a 2-minute break before doing another superset. Do 5 supersets of 6 to 10 reps for each exercise. Your first superset should be a warm-up with lighter weight.
SUPERSET 1		6 to 10			
SUPERSET 2		6 to 10			
SUPERSET 3		6 to 10			
SUPERSET 4		6 to 10			
SUPERSET 5		6 to 10			
One-Arm Dumbbell Extensions					
SUPERSET 1		6 to 10			
SUPERSET 2		6 to 10			
SUPERSET 3		6 to 10			
SUPERSET 4		6 to 10			
SUPERSET 5		6 to 10			

Cardio: _____ Time: _____ Calories burned: _____

MUSCLETECH® SUPPLEMENTS USED



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Weeks 5 and 6	Weight (lbs.)	Reps (Target)	Reps (Comp.)	Instructions
Barbell Curls				Perform 5 sets of 6 to 10 reps for each exercise before moving to the next exercise. Take a 1-minute break after each set. Your first set is a warm-up with lighter weight.
SET 1		6 to 10		
SET 2		6 to 10		
SET 3		6 to 10		
SET 4		6 to 10		
SET 5		6 to 10		
Seated Alternate Hammer Curls				
SET 1		6 to 10		
SET 2		6 to 10		
SET 3		6 to 10		
SET 4		6 to 10		
SET 5		6 to 10		
Barbell Triceps Extensions				
SET 1		6 to 10		
SET 2		6 to 10		
SET 3		6 to 10		
SET 4		6 to 10		
SET 5		6 to 10		
Dips				
SET 1		6 to 10		
SET 2		6 to 10		
SET 3		6 to 10		
SET 4		6 to 10		
SET 5		6 to 10		

Cardio: _____ Time: _____ Calories burned: _____

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