

Branch Warren's Craziest Arm Workout

Remember to consult your doctor before starting any diet and/or training program.
Always train smart and attempt reps and sets that are within your abilities.

Exercise	Sets	Reps	Branch's Training Notes
1. Alternate dumbbell curls	4	8	4th set is a drop set of 8, 8, 8.
2. Preacher curls	3	15, 15, 10	3rd set is a drop set of 10, 10, 10, 10.
3. Standing cable curls	3	15, 15, 100	3rd set Branch does as many as possible and drops the weight until he reaches 100 reps.
4. Concentration curls	3	10	
5. Cable pressdowns	4	12	4th set is a drop set of 12, 12, 12.
6. Weighted dips	3	Failure	Each set is performed with 100lbs. of chains.
7. Skull crushers	3	10	
8. Rope pressdowns	3	20	

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