M.A.S.S. Huge Arms Routine

Date: _____ Time Started: _____ ❑ Warm-Up/Stretch

Weight: _____ Time Finished: _____ ❑ Cooldown

SUPERSET #1	Weight (lbs.)	Reps (Target)	Reps (Completed)	Notes
Dumbell Curls				
SET 1		12		
SET 2		10		
SET 3		8		
SET 4		8		
Skullcrushers				
SET 1		12		
SET 2		10		
SET 3		8		
SET 4		8		
SUPERSET #2	Weight (lbs.)	Reps (Target)	Reps (Completed)	
Preacher Curls				
SET 1		12		
SET 2		10		
SET 3		8		
SET 4		8		
Cable Pressdowns				
SET 1		12		
SET 2		10		
SET 3		8		
SET 4		8		

Cardio: _____ Time: _____ Calories burned: _____

_____ Time: _____ Calories burned: _____

MUSCLETECH® SUPPLEMENTS USED

_____ _____ _____

_____ _____ _____

_____ _____ _____

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M.A.S.S. Huge Arms Routine

Date: _____ Time Started: _____ ❑ Warm-Up/Stretch

Weight: _____ Time Finished: _____ ❑ Cooldown

SUPERSET #3	Weight (lbs.)	Reps (Target)	Reps (Completed)	Notes
Hammer Curls				
SET 1		12		
SET 2		10		
SET 3		8		
SET 4		8		
Dips				
SET 1		12		
SET 2		10		
SET 3		8		
SET 4		8		

Cardio: _____ Time: _____ Calories burned: _____

_____ Time: _____ Calories burned: _____

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_____ _____ _____

_____ _____ _____

_____ _____ _____

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