

Grab & Go Workouts

Presented by the Fitness Centers

Created by: Nathan Burkhardt



Name of Workout:	ARM DAY
Primary Target Area:	Biceps / Triceps / Forearms
Approximate Time:	~ 45 minutes
Skill Level:	Beginner / Intermediate

Warm-up: Jump Rope for 5 minutes.

Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
Rope Push-Down	3	15	45 Seconds	<i>(Triceps)</i>
Close-Grip Barbell Bench Press	3	8	60 Seconds	<i>(Triceps)</i>
Alternate Dumbbell Curls	3	12	45 Seconds	<i>(Biceps)</i>
Standing Barbell Curl	3	8	60 seconds	<i>(Biceps)</i>
Bench Dips	3	To Failure	90 seconds	Each set is going to failure! <i>(Triceps)</i>
Preacher Curl	3	10	60 seconds	<i>(Biceps)</i>
Wrist Curl	2	15	45 seconds	<i>(Forearms)</i>

Cool Down: One-Arm Doorway Stretch, Behind the head triceps stretch.



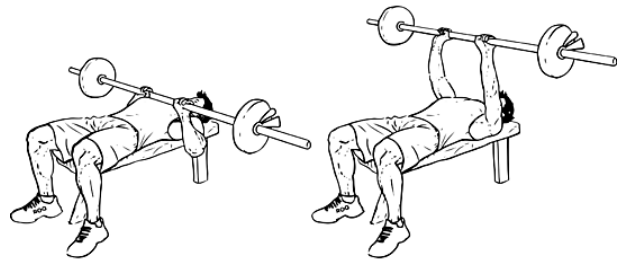
Questions or Comments? Please e-mail fitness@oswego.edu

Sample Diagrams

Rope Push Down



Close Grip Bench Press



WorkoutLabs.com

Bench Dips

