

# ULTIMATE ARMS

PART 2 - MAKING HEROIC GAINS



**START FEELING GREAT TODAY!**



# WEEK 4-6: MAKING HEROIC GAINS

- Weighted Parallel bar dips – bodyweight (4 second negative)
- Weighted narrow chins - bodyweight

**6 sets of 6 reps of each 90sec rest between.**

***If you can't complete reps then finish with just slow negatives until you hit the reps on the chins. If 6 is too easy then add some weight. Either a dipping belt or a dumbbell between your feet.***

- Narrow bench.
- Incline dumbbell curls.
- 4 sets of 12 reps 60sec rest and repeat.
- Same weight as you lifted for 10 before.
- Zottmans + Cross Body curls.
- Push ups + push downs.

**4 x 12+12 for both same weight you used for 10 last time.**



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