

SarcoFlex

Hypertrophy: Arm Ambush

Purpose

Muscle Size
Muscle Strength
Stability

Notes: To focus on strength take longer rest (1-2 min). To focus on hypertrophy and endurance rest 30-60 seconds max between exercises.

Exercises	Muscle Groups	WEEK			Rest Time
		1 (set x reps)	2	3	
Hammer Curls	Brachialis, Biceps	3 x 12	4 x 10	4 x 12	30-60 Sec
Barbell Preacher Curl	Biceps	3 x 12	4 x 10	4 x 12	30-60 Sec
Chin Ups	Biceps, Lats, Forearm	3 x 8	4 x 6	4 x 8	30-60 Sec
Arnold Curl	Biceps, Brachialis	3 x 10	4 x 10	4 x 12	30-60 Sec
Tricep Pushdown	Triceps	3 x 12	4 x 10	4 x 12	30-60 Sec
Tricep Kickback	Triceps (Longhead Focus)	3 x 12	4 x 10	4 x 12	30-60 Sec
Skullcrushers (Tricep Extension)	Triceps	3 x 10	4 x 10	4 x 12	30-60 Sec
One Arm Pulldown	Triceps	3 x 12	4 x 10	4 x 12	30-60 Sec
Farmers Carry	Core, Forearm	3 x 1 lap	4 x 1 lap	4 x 1 lap	30-60 Sec
Dumbbell Wrist Curl & Extention	Forearm, Grip	3 x 12	4 x 12	4 x 12	30-60 Sec
Frequency: 3-4 times per week					

Equipment Needed

Pull up Bar
EZ Bar
Dumbbells
Cable Machine
Bench with Incline
Preacher Curl Stand