

Arnold's Arm Routine

Point	Summay
Main Goal	Build bigger, stronger, and more defined arms
Workout Type	Arm hypertrophy / bodybuilding workout
Training Level	Advanced
Program Duration	Single arm-focused workout session
Training Frequency	1 arm-focused session per training cycle
Workout Duration	Approximately 60-75 minutes
Equipment Required	Barbell, EZ-bar, dumbbells, cable machine, bench, and weight plates
Target Muscle Groups	Biceps and triceps
Target Gender	Unisex
Training Split	Arms — Biceps & Triceps
Primary Focus	High volume, supersets, short rest periods, muscle pump, hypertrophy, and muscular endurance

Arnold's Arm Routine

#	Exercise	Sets	Reps	Rest / Notes
1	Barbell Curl	4	10-12	90 sec rest
2	EZ-Bar Skullcrusher	4	10-12	90 sec rest
3A	Alternating Dumbbell Curl	4	20-24	10-12 per side; no rest before 3B
3B	Triceps Extension	4	10-12	1 min rest after superset
4A	Alternating Incline Dumbbell Biceps Curl	4	20-24	10-12 per side; no rest before 4B
4B	Cable Overhead Triceps Extension	4	10-12	1 min rest after superset
5A	Concentration Curl — Left	4	10-12	No rest before 5B
5B	Concentration Curl — Right	4	10-12	No rest before 5C
5C	Single-arm Dumbbell Triceps Extension — Left	4	10-12	No rest before 5D
5D	Single-arm Dumbbell Triceps Extension — Right	4	10-12	2 min rest after superset
6	Feet-elevated Bench Dips	1	10	Arnold used 3 × 45-lb plates; remove a plate at muscle failure until bodyweight

Arnold's ARM Routine

Arnold's legendary arms weren't built by chance. He attacked biceps and triceps with extreme volume, smart exercise selection, and one obsession - THE PUMP. Heavy barbell curls for mass, incline dumbbell curls for peak, lighter curls for definition, and cheat reps to push past failure. Triceps were trained with higher reps, partials, and constant tension to hit all three heads. By supersetting biceps and triceps, Arnold flooded his arms with blood, nutrients, and

growth signals - turning every workout into a sleeve-bursting pump session. This wasn't just training ... this was arm sculpting at its finest.

Professional Training Guidelines

1. **Warm-Up:** Begin with 5–10 minutes of light general warm-up, followed by 1–2 lighter warm-up sets before the first heavy exercise. This helps prepare the muscles and joints for the workload.
2. **Progressive Overload:** Gradually increase the weight, repetitions, or training quality over time while maintaining proper form. Progress should be controlled rather than sacrificing technique for heavier loads.
3. **Form & Training Intensity:** Prioritize strict exercise technique and controlled repetitions throughout the workout. Because this routine uses high volume and supersets, avoid taking every set to complete muscular failure; reserve higher-intensity techniques for appropriate sets and only when form can be maintained safely.

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