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▶ **BICEPS ROUTINE:**

(Weighted) Wide Grip Chinups: 4x8-10
Hammer Grip Pullups: 3x6-10 (Slow Negatives)
Ring/Bar Curls: 3x12-15

▶ **TRICEPS ROUTINE:**

(Weighted) Dips: 4x6-8
Super Set: Diamond Pushups (MAX)
Bodyweight Triceps Extension 3x12-15

▶ **TOTAL ARM WORKOUT:**

(Weighted) Pullups 4x6-8
Super Set: Shoulder Width Chinup Negatives (MAX)
(Weighted) Dips 3x8-12
Super Set: Diamond Pushups (MAX)
Triceps Extensions/Biceps Curl Superset: 3x10-15



FOR MORE TIPS/EXAMPLES OF THE WORKOUT BE SURE TO REFERENCE THE VIDEO COURSE MATERIAL