Big Arms @ Home

Intermediate | 12 min

1		Barbell Curls Barbell	x20 Reps
Rest			40 Seconds
2		Barbell Curls Barbell	x18 Reps
Rest			40 Seconds
3		Barbell Curls Barbell	x16 Reps
Rest			40 Seconds
4		Barbell Curls Barbell	x14 Reps
Rest			40 Seconds
5		Barbell Curls Barbell	x12 Reps
Rest			40 Seconds

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6



Seated Alternating Curl

Bench / Chair

x10

Reps

Rest **40 Seconds**

7



Seated Alternating Curl

Bench / Chair

x10

Reps

Rest **40 Seconds**

8



Seated Alternating Curl

Bench / Chair

x10

Reps

Rest **30 Seconds**

9



Rotating Bicep Curl

Dumbbell

x10

Reps

Rest **40 Seconds**

10



Rotating Bicep Curl

Dumbbell

x20

Reps

Rest **60 Seconds**

11



Barbell Curls

Barbell

x20

Reps

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P4P

This is the workout in PDF. In the app you live the full experience.

Here you have the technical structure. In the app you find a richer, more dynamic and more vivid experience.

- 🎬 Video guide with complete animations
- 🎵 Proprietary music to train better
- ⚙️ Customizable timer and settings
- 📅 Progressive plans for 30, 60 and 90 days
- ✨ New workouts generated with artificial intelligence

Download the app

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