Big Arms @ Home

Intermediate | 12 min | 118 Kcal

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

Barbell

x10

Reps

Rest 40 Seconds

7



Seated Alternating Curl

Barbell

x10

Reps

Rest 40 Seconds

8



Seated Alternating Curl

Barbell

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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Armify

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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