Insane

Advanced | 12 min | 118 Kcal

1		**Barbell Curls** Barbell	**20** Seconds
	Rest		**10 Seconds**
2		**Alternating Hammer Curls** Dumbbell	**20** Seconds
	Rest		**10 Seconds**
3		**Barbell Curls** Barbell	**30** Seconds
	Rest		**10 Seconds**
4		**Alternating Hammer Curls** Dumbbell	**30** Seconds
	Rest		**30 Seconds**
5		**Dumbbell Triceps Extension** Dumbbell	**30** Seconds
	Rest		**15 Seconds**

Copyright Passion4Profession 2026. All rights reserved.

6		**Tricep bench dips** Bench / Chair	**30** Seconds
	Rest		**15 Seconds**
7		**Triceps Kickbacks** Dumbbell	**30** Seconds
	Rest		**5 Seconds**
8		**Dips with 2 Benches** 2 Benches / 2 Chairs	**30** Seconds
	Rest		**30 Seconds**
9		**Dumbbell Triceps Extension** Dumbbell	**30** Seconds
10		**Seated Alternating Curl** Barbell	**x20** Reps
	Rest		**30 Seconds**
11		**Dumbbell Triceps Extension** Dumbbell	**30** Seconds
12		**Seated Alternating Curl** Barbell	**x20** Reps
	Rest		**30 Seconds**

Copyright Passion4Profession 2026. All rights reserved.

13 

Dips with 2 Benches

2 Benches / 2 Chairs

30 Seconds

14 

Rotating Bicep Curl

Dumbbell

30 Seconds

Rest 15 Seconds

15 

Dumbbell lateral raises

Dumbbell

x25 Reps

Rest 20 Seconds

16 

Dumbbell lateral raises

Dumbbell

x25 Reps

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

Copyright Passion4Profession 2026. All rights reserved.