



# **4 WEEK ARM WORKOUT**



# WHEELCHAIR BODYBUILDING

**PROGRAM:** PERFORM THE ARM WORKOUT ON ITS OWN SEPARATE DAY, AND THE BICEP AND TRICEP WORKOUTS WHERE THEY WORK BEST IN YOUR SPLIT. A TRIED-AND-TRUE APPROACH IS TRICEPS WITH EITHER CHEST OR SHOULDERS, AND BICEPS WITH BACK.

**WARM-UP:** DO 2-3 SETS OF LIGHT, HIGH-REP (15-20) OF THE SAME EXERCISE YOU PLAN TO START WITH.

**SUPERSETS:** DO ONE EXERCISE THEN GO STRAIGHT INTO THE NEXT EXERCISE, THEN REST. SIMPLE TERMS, BACK TO BACK EXERCISES

## WEEK 1

### TRAINING SCHEDULE:

MONDAY - BACK & BICEPS

TUESDAY - CHEST & TRICEPS

WEDNESDAY - LEGS

THURSDAY - SHOULDERS

FRIDAY - ARMS

SATURDAY - LEGS

SUNDAY - REST

## BICEPS WORKOUT 1

SEATED DUMBBELL HAMMER CURLS - 4 SETS, 12 REPS

MACHINE CURLS - 4 SETS, 15 REPS

DUMBBELL ALTERNATING CURLS - 4 SETS, 15 REPS

## TRICEPS WORKOUT 1

ROPE PUSHDOWNS - 4 SETS, 12 REPS

SEATED CABLE OVERHEAD TRICEPS EXTENSIONS - 4 SETS, 15 REPS

REVERSE GRIP PUSHDOWNS - 4 SETS, 20 REPS

## ARM WORKOUT 1

### SUPERSET

BARBELL CURLS - 6 SETS, 6 REPS

EZ-BAR SKULLCRUSHER - 6 SETS, 6 REPS

### SUPERSET

SEATED DUMBBELL CURLS - 6 SETS, 8 REPS

SEATED DUMBBELL OVERHEAD TRICEPS EXTENSIONS - 6 SETS, 8 REPS

### SUPERSET

STRAIGHT BAR PUSHDOWNS - 6 SETS, 10 REPS

STRAIGHT BAR CABLE CURLS - 6 SETS, 10 REPS

### SUPERSET

BARBELL WRIST CURL CURLS - 6 SETS, 12 REPS

REVERSE BARBELL WRIST CURL CURLS - 6 SETS, 12 REPS



# WHEELCHAIR BODYBUILDING

## BICEPS WORKOUT 2

STANDING OR SEATED EZ BAR CURLS - 4 SETS, 20, 15, 15, 12 REPS  
SEATED ONE ARM CABLE CURLS - 4 SETS, 20, 15, 15, 12 REPS  
MACHINE PREACHER CURLS - 3 SETS, 15 REPS

## TRICEPS WORKOUT 2

CLOSE GRIP BENCH PRESS - 4 SETS, 20, 15, 15, 12 REPS  
V-BAR PUSHDOWNS - 4 SETS, 20, 15, 15, 12 REPS  
ONE ARM CABLE KICKBACKS - 3 SETS, 15 REPS

## WEEK 2

### TRAINING SCHEDULE:

MONDAY	- BACK & BICEPS
TUESDAY	- CHEST & TRICEPS
WEDNESDAY	- LEGS
THURSDAY	- SHOULDERS
FRIDAY	- ARMS
SATURDAY	- LEGS
SUNDAY	- REST

## ARM WORKOUT 2

### SUPERSET

SEATED BARBELL CURLS - 5 SETS, 5 REPS  
INCLINE BARBELL SKULL CRUSHERS - 5 SETS, 5 REPS

### SUPERSET

CLOSE GRIP BENCH PRESS - 5 SETS, 5 REPS  
DUMBBELL HAMMER CURLS - 5 SETS, 5 REPS

### SUPERSET

EZ-BAR CURLS - 5 SETS, 8 REPS  
MACHINE DIPS - 5 SETS, 8 REPS

### SUPERSET

BARBELL WRIST CURL CURLS - 6 SETS, 12 REPS  
REVERSE BARBELL WRIST CURL CURLS - 6 SETS, 12 REPS



# WHEELCHAIR BODYBUILDING

## BICEPS WORKOUT 3

SEATED BARBELL CURLS - 4 SETS, 12 REPS  
ALTERNATING ONE ARM DUMBBELL CURLS - 4 SETS, 12 REPS  
ALTERNATING ONE ARM DUMBBELL HAMMER CURLS - 4 SETS, 12 REPS

## TRICEPS WORKOUT 3

ROPE PUSHDOWNS - 4 SETS, 12 REPS  
MACHINE DIPS - 4 SETS, 12 REPS  
ONE ARM DUMBBELL KICKBACKS - 4 SETS, 12 REPS

## WEEK 3

### TRAINING SCHEDULE:

MONDAY - BACK & BICEPS

TUESDAY - CHEST & TRICEPS

WEDNESDAY - LEGS

THURSDAY - SHOULDERS

FRIDAY - ARMS

SATURDAY - LEGS

SUNDAY - REST

## ARM WORKOUT 3

### SUPERSET

DUMBBELL SKULL CRUSHERS - 5 SETS, 12, 10, 8, 6, 4 REPS  
DUMBBELL CURLS - 5 SETS, 12, 10, 8, 6, 4 REPS

### SUPERSET

ROPE PUSHDOWNS - 5 SETS, 12, 10, 8, 6, 4 REPS  
ROPE CABLE CURLS - 5 SETS, 12, 10, 8, 6, 4 REPS

### SUPERSET

STRAIGHT BAR PUSHDOWNS - 5 SETS, 12, 10, 8, 6, 4 REPS  
STRAIGHT BAR CABLE CURLS - 5 SETS, 12, 10, 8, 6, 4 REPS

### SUPERSET

ONE ARM CABLE WRIST CURLS - 5 SETS, 12 REPS  
ONE ARM CABLE REVERSE WRIST CURLS - 5 SETS, 12 REPS



# WHEELCHAIR BODYBUILDING

## BICEPS WORKOUT 4

MACHINE CURLS - 4 SETS, 15, 12, 12, 10 REPS  
SEATED DUMBBELL HAMMER CURLS - 4 SETS, 15, 12, 12, 10 REPS  
DUMBBELL ALTERNATING CURLS - 4 SETS, 15, 12, 12, 10 REPS

## TRICEPS WORKOUT 4

SEATED CABLE OVERHEAD TRICEPS EXTENSIONS - 4 SETS, 15, 12, 12, 10 REPS  
REVERSE GRIP PUSHDOWNS - 4 SETS, 15, 12, 12, 10 REPS  
ROPE PUSHDOWNS - 4 SETS, 15, 12, 12, 10 REPS

## WEEK 4

### TRAINING SCHEDULE:

MONDAY	- BACK & BICEPS
TUESDAY	- CHEST & TRICEPS
WEDNESDAY	- LEGS
THURSDAY	- SHOULDERS
FRIDAY	- ARMS
SATURDAY	- LEGS
SUNDAY	- REST

## ARM WORKOUT 4

### SUPERSET

SEATED DUMBBELL CURLS - 6 SETS, 8 REPS  
SEATED DUMBBELL OVERHEAD TRICEPS EXTENSIONS - 6 SETS, 8 REPS

### SUPERSET

BARBELL CURLS - 6 SETS, 6 REPS  
EZ-BAR SKULLCRUSHER - 6 SETS, 6 REPS

### SUPERSET

STRAIGHT BAR PUSHDOWNS - 4 SETS, 15, 12, 12, 10 REPS  
STRAIGHT BAR CABLE CURLS - 4 SETS, 15, 12, 12, 10 REPS

### SUPERSET

BARBELL WRIST CURL CURLS - 6 SETS, 12 REPS  
REVERSE BARBELL WRIST CURL CURLS - 6 SETS, 12 REPS