



Name: _____

A Upper Arm Hypertrophy

Post-Workout - Supplemental

			Date	Date	Date	Date
Movement	Reps	Tempo				
A1 Seated Hammer Curl	10-12	3010				
Rest	60 seconds					
A2 Lying Dumbbell Extension	10-12	3010				
Rest	60 seconds					
B1 Standing Dumbbell Static Hold	ALAP*	XXXX				
Rest	45 seconds <i>*As Long As Possible</i>					

B Upper Arm Hypertrophy

Post-Workout - Supplemental

			Date	Date	Date	Date
Movement	Reps	Tempo				
A1 30-Degree Supinated DB Curl	10-12	3010				
Rest	60 seconds					
A2 DB or BB California Press	10-12	3110				
Rest	60 seconds					
B1 DB Farmer's Walk	40 yards	XXXX				
Rest	45 seconds					

C Upper Arm Hypertrophy

Post-Workout - Supplemental

			Date	Date	Date	Date
Movement	Reps	Tempo				
A1 1-Arm DB Scott Curl (60-degree incline)	10-12	3110				
Rest	60 seconds					
A2 Standing DB Overhead Tricep Extension	10-12	3110				
Rest	60 seconds					
B1 Seated DB Wrist Curl	25-30	2111				
Rest	30 seconds					

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**ALL TOGETHER
ALL STRONGER**