**Hypertrophy Arm workout**

* **Focus:** To add muscle size and strength to the biceps and triceps:
* **Warm up:** Lat pull down machine
* 20 reps light weight to get the blood flowing to the arms and upper body.



**Exercise 1:** Dumbbell Bicep curls

Sets: 3 Reps: 10



**Exercise 2:** Dumbbell tricep Kickback / Overhead DB tricep press super set



Sets: 3 Reps: 10 per exercise

**Exercise 3**: Dumbbell preacher curl (set the bench to 45 degrees).

Sets: 3 Reps: 10

**Exercise 4:** Cable tricep pushdown (rope attachment)

Sets: 3 Reps:10

**Exercise 5:** Cable Bicep curl (bar attachment).

**Sets:** 2 x Triple drop sets (10 reps, then reduce the weight by 25%, 10 reps reduce by 25% again, finish with 10 more reps).