



SUPER-ARMS



*All exercises below are to be performed with max intent for strength & hypertrophy adaptations

*Perform 3-5 Rounds of Exercises 1-6 (15-30 minutes total)

*Rest 30-60 seconds b/w exercises & Rest 2-3 minutes b/w rounds

No.	Movement Type	Exercise Options	Intensity (Percent)	Volume (reps)
1	Heavy Bilateral	BB Curl, BB Skull Crusher, BB JM Press, BB Close Grip Bench Press	80-100%	4-6
2	Medium Unilateral	DB Hammer Curl, DB Bicep Curl, DB Skull Crusher, DB JM Press, DB Tate Press, DB Rotating Curl	55-75%	8-12
3	Light Unilateral	DB Reverse Grip Curl, Cable Curl, Cable Hammer Curl, DB Kickback, Cable OH Tricep Extension, Cable Tricep Pushdown	35-55%	15-25

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