



VERSION 2.0

SIX WEEKS TO SICK ARMS

GROW YOUR ARMS UP TO 1"

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5, 3, 2 Strength Program Phase 1 (weeks 1-5)

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Do these 5 workouts each week during weeks 1-5 of the 5, 3, 2 Strength Program. Your goal is to try and increase the weight you use on each exercise over the five week period, Remember to read the full 5, 3, 2 Strength Program article in my Training section on the site for the full details on this program. And also read my 5, 3, 2 Strength Program Diet and Supplement plan in my Nutrition section of the site.

Week 1

Day 1

Exercise	Sets	Reps	Muscle Group
Bench Press	5	5	Chest
Incline Bench Press	3	6-8	Chest
Dumbbell Bench Press	3	6-8	Chest
Incline Dumbbell Flye	3	8-10	Chest
Crunch	3	to failure	Abs
Reverse Crunch	3	to failure	Abs
Oblique Crunch	3	to failure	Abs
Oblique Crunch	3	to failure	Abs

Day 2

Exercise	Sets	Reps	Muscle Group
Squat	5	5	Legs
Leg Press	3	6-8	Legs
Leg Extension	3	8-10	Legs
Romanian Deadlift	3	6-8	Legs
Lying Leg Curl	3	8-10	Legs
Standing Calf Raise	4	12-15	Calves
Seated Calf Raise	4	15-20	Calves

Day 3

Exercise	Sets	Reps	Muscle Group
Barbell Bent-Over Row	5	5	Back
Wide-Grip Lat Pulldown	3	6-8	Back
Seated Cable Row	3	6-8	Back
Straight-Arm Pulldown	3	8-10	Back
Hanging Leg Raise	3	to failure	Abs
Rope Cable Crunch	3	8-10	Abs
Plank	3	60-90 sec.	Core

Day 4

Exercise	Sets	Reps	Muscle Group
Barbell Shoulder Press	5	5	Shoulders
Seated Dumbbell Shoulder Press	3	6-8	Shoulders
Dumbbell Lateral Raise	3	8-10	Shoulders
Dumbbell Bent-Over Lateral Raise	3	10-12	Shoulders
Barbell Shrug	5	5	Traps
Dumbbell Shrug	3	6-8	Traps

Day 5

Exercise	Sets	Reps	Muscle Group
Deadlift	5	5	Legs
Close-Grip Bench Press	5	5	Triceps
Barbell Lying Triceps Extension	3	6-8	Triceps
Triceps Pressdown	3	8-10	Triceps
Barbell Curl	5	5	Biceps

Incline Dumbbell Curl	3	6-8	Biceps
Barbell Preacher Curl	3	8-10	Biceps
Barbell Wrist Curl	5	5	Forearms
Barbell Reverse Wrist Curl	3	8-10	Forearms



Week 2

Day 1

Exercise	Sets	Reps	Muscle Group
Bench Press	5	5	Chest
Incline Bench Press	3	6-8	Chest
Dumbbell Bench Press	3	6-8	Chest
Incline Dumbbell Flye	3	8-10	Chest
Crunch	3	to failure	Abs
Reverse Crunch	3	to failure	Abs
Oblique Crunch	3	to failure	Abs
Oblique Crunch	3	to failure	Abs

Day 2

Exercise	Sets	Reps	Muscle Group
Squat	5	5	Legs
Leg Press	3	6-8	Legs
Leg Extension	3	8-10	Legs
Romanian Deadlift	3	6-8	Legs
Lying Leg Curl	3	8-10	Legs
Standing Calf Raise	4	12-15	Calves
Seated Calf Raise	4	15-20	Calves

Day 3

Exercise	Sets	Reps	Muscle Group
Barbell Bent-Over Row	5	5	Back
Wide-Grip Lat Pulldown	3	6-8	Back
Seated Cable Row	3	6-8	Back
Straight-Arm Pulldown	3	8-10	Back
Hanging Leg Raise	3	to failure	Abs
Rope Cable Crunch	3	8-10	Abs
Plank	3	60-90 sec.	Core

Day 4

Exercise	Sets	Reps	Muscle Group
Barbell Shoulder Press	5	5	Shoulders
Seated Dumbbell Shoulder Press	3	6-8	Shoulders
Dumbbell Lateral Raise	3	8-10	Shoulders
Dumbbell Bent-Over Lateral Raise	3	10-12	Shoulders
Barbell Shrug	5	5	Traps
Dumbbell Shrug	3	6-8	Traps

Day 5

Exercise	Sets	Reps	Muscle Group
Deadlift	5	5	Legs
Close-Grip Bench Press	5	5	Triceps
Barbell Lying Triceps Extension	3	6-8	Triceps
Triceps Pressdown	3	8-10	Triceps
Barbell Curl	5	5	Biceps
Incline Dumbbell Curl	3	6-8	Biceps
Barbell Preacher Curl	3	8-10	Biceps
Barbell Wrist Curl	5	5	Forearms
Barbell Reverse Wrist Curl	3	8-10	Forearms

Week 3



Day 1			
Exercise	Sets	Reps	Muscle Group
Bench Press	5	5	Chest
Incline Bench Press	3	6-8	Chest
Dumbbell Bench Press	3	6-8	Chest
Incline Dumbbell Flye	3	8-10	Chest
Crunch	3	to failure	Abs
Reverse Crunch	3	to failure	Abs
Oblique Crunch	3	to failure	Abs
Oblique Crunch	3	to failure	Abs

Day 2			
Exercise	Sets	Reps	Muscle Group
Squat	5	5	Legs
Leg Press	3	6-8	Legs
Leg Extension	3	8-10	Legs
Romanian Deadlift	3	6-8	Legs
Lying Leg Curl	3	8-10	Legs
Standing Calf Raise	4	12-15	Calves
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Day 3			
Exercise	Sets	Reps	Muscle Group
Barbell Bent-Over Row	5	5	Back
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Seated Cable Row	3	6-8	Back
Straight-Arm Pulldown	3	8-10	Back
Hanging Leg Raise	3	to failure	Abs
Rope Cable Crunch	3	8-10	Abs
Plank	3	60-90 sec.	Core

Day 4			
Exercise	Sets	Reps	Muscle Group
Barbell Shoulder Press	5	5	Shoulders
Seated Dumbbell Shoulder Press	3	6-8	Shoulders
Dumbbell Lateral Raise	3	8-10	Shoulders
Dumbbell Bent-Over Lateral Raise	3	10-12	Shoulders
Barbell Shrug	5	5	Traps
Dumbbell Shrug	3	6-8	Traps

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Deadlift	5	5	Legs
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Barbell Lying Triceps Extension	3	6-8	Triceps
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Barbell Curl	5	5	Biceps
Incline Dumbbell Curl	3	6-8	Biceps
Barbell Preacher Curl	3	8-10	Biceps
Barbell Wrist Curl	5	5	Forearms
Barbell Reverse Wrist Curl	3	8-10	Forearms

Week 4

Day 1			
Exercise	Sets	Reps	Muscle Group
Bench Press	5	5	Chest
Incline Bench Press	3	6-8	Chest
Dumbbell Bench Press	3	6-8	Chest
Incline Dumbbell Flye	3	8-10	Chest

Crunch	3	to failure	Abs
Reverse Crunch	3	to failure	Abs
Oblique Crunch	3	to failure	Abs
Oblique Crunch	3	to failure	Abs



Day 2

Exercise	Sets	Reps	Muscle Group
Squat	5	5	Legs
Leg Press	3	6-8	Legs
Leg Extension	3	8-10	Legs
Romanian Deadlift	3	6-8	Legs
Lying Leg Curl	3	8-10	Legs
Standing Calf Raise	4	12-15	Calves
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Plank	3	60-90 sec.	Core

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Dumbbell Lateral Raise	3	8-10	Shoulders
Dumbbell Bent-Over Lateral Raise	3	10-12	Shoulders
Barbell Shrug	5	5	Traps
Dumbbell Shrug	3	6-8	Traps

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Barbell Curl	5	5	Biceps
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Barbell Preacher Curl	3	8-10	Biceps
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Barbell Reverse Wrist Curl	3	8-10	Forearms

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Oblique Crunch	3	to failure	Abs

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Exercise	Sets	Reps	Muscle Group
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