



VERSION 2.0

SIX WEEKS TO SICK ARMS

GROW YOUR ARMS UP TO 1"

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5, 3, 2 Strength Program Phase 2 (weeks 6-8)

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Week 1

Day 1

Exercise	Sets	Reps	Muscle Group
Bench Press	3	3	Chest
Reverse-Grip Incline Dumbbell Press	4	4-6	Chest
Decline Bench Press	3	4-6	Chest
Low-Pulley Cable Crossover	4	7-8	Chest
Decline Crunch	3	to Failure	Abs
Hip Thrust	3	to failure	Abs
Standing Oblique Cable Crunch	3	10-12	Abs

Day 2

Exercise	Sets	Reps	Muscle Group
Squat	3	3	Legs
Front Squat	4	4-6	Legs
Leg Extension	3	7-8	Legs
Romanian Deadlift	4	4-6	Legs
Lying Leg Curl	3	7-8	Legs
Leg Press Calf Raise	4	10-12	Calves
Seated Calf Raise	4	12-15	Calves
Seated Calf Raise	4	12-15	Calves

Day 3

Exercise	Sets	Reps	Muscle Group
Barbell Bent-Over Row	3	3	Back
Reverse-Grip Lat Pulldown	4	4-6	Back
One-Arm Dumbbell Row	3	4-6	Back
One-Arm Straight Arm Pulldown	3	7-8	Back
Hanging Leg Raise	3	to failure	Abs
Crossover Crunch	3	to failure	Abs
Side Plank	3	90 sec.	Core

Day 4

Exercise	Sets	Reps	Muscle Group
Barbell Shoulder Press	3	3	Shoulders
Smith Machine Shoulder Press	3	4-6	Shoulders
Cable Lateral Raise	4	7-8	Shoulders
Lying Cable Rear Delt Raise	4	7-8	Shoulders
Barbell Shrug	3	3	Traps
Barbell Behind-Back Shrug	4	4-6	Traps

Day 5

Exercise	Sets	Reps	Muscle Group
Deadlift	3	3	Legs
Close-Grip Bench Press	3	3	Triceps
Dumbbell Overhead Triceps Extension	4	4-6	Triceps
Reverse-Grip Triceps Pressdown	4	7-8	Triceps
Barbell Curl	3	3	Biceps
Hammer Curl	4	4-6	Biceps
Behind-Back Cable Curl	4	7-8	Biceps

Barbell Wrist Curl	3	3	Forearms
Barbell Reverse Wrist Curl	4	7-8	Forearms



Week 2

Day 1

Exercise	Sets	Reps	Muscle Group
Bench Press	3	3	Chest
Reverse-Grip Incline Dumbbell Press	4	4-6	Chest
Decline Bench Press	3	4-6	Chest
Low-Pulley Cable Crossover	4	7-8	Chest
Decline Crunch	3	to Failure	Abs
Hip Thrust	3	to failure	Abs
Standing Oblique Cable Crunch	3	10-12	Abs

Day 2

Exercise	Sets	Reps	Muscle Group
Squat	3	3	Legs
Front Squat	4	4-6	Legs
Leg Extension	3	7-8	Legs
Romanian Deadlift	4	4-6	Legs
Lying Leg Curl	3	7-8	Legs
Leg Press Calf Raise	4	10-12	Calves
Seated Calf Raise	4	12-15	Calves
Seated Calf Raise	4	12-15	Calves

Day 3

Exercise	Sets	Reps	Muscle Group
Barbell Bent-Over Row	3	3	Back
Reverse-Grip Lat Pulldown	4	4-6	Back
One-Arm Dumbbell Row	3	4-6	Back
One-Arm Straight Arm Pulldown	3	7-8	Back
Hanging Leg Raise	3	to failure	Abs
Crossover Crunch	3	to failure	Abs
Side Plank	3	90 sec.	Core

Day 4

Exercise	Sets	Reps	Muscle Group
Barbell Shoulder Press	3	3	Shoulders
Smith Machine Shoulder Press	3	4-6	Shoulders
Cable Lateral Raise	4	7-8	Shoulders
Lying Cable Rear Delt Raise	4	7-8	Shoulders
Barbell Shrug	3	3	Traps
Barbell Behind-Back Shrug	4	4-6	Traps

Day 5

Exercise	Sets	Reps	Muscle Group
Deadlift	3	3	Legs
Close-Grip Bench Press	3	3	Triceps
Dumbbell Overhead Triceps Extension	4	4-6	Triceps
Reverse-Grip Triceps Pressdown	4	7-8	Triceps
Barbell Curl	3	3	Biceps
Hammer Curl	4	4-6	Biceps
Behind-Back Cable Curl	4	7-8	Biceps
Barbell Wrist Curl	3	3	Forearms
Barbell Reverse Wrist Curl	4	7-8	Forearms

Week 3

Day 1

Exercise	Sets	Reps	Muscle Group
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Bench Press	3	3	Chest
Reverse-Grip Incline Dumbbell Press	4	4-6	Chest
Decline Bench Press	3	4-6	Chest
Low-Pulley Cable Crossover	4	7-8	Chest
Decline Crunch	3	to Failure	Abs
Hip Thrust	3	to failure	Abs
Standing Oblique Cable Crunch	3	10-12	Abs



Day 2

Exercise	Sets	Reps	Muscle Group
Squat	3	3	Legs
Front Squat	4	4-6	Legs
Leg Extension	3	7-8	Legs
Romanian Deadlift	4	4-6	Legs
Lying Leg Curl	3	7-8	Legs
Leg Press Calf Raise	4	10-12	Calves
Seated Calf Raise	4	12-15	Calves
Seated Calf Raise	4	12-15	Calves

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Exercise	Sets	Reps	Muscle Group
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Reverse-Grip Lat Pulldown	4	4-6	Back
One-Arm Dumbbell Row	3	4-6	Back
One-Arm Straight Arm Pulldown	3	7-8	Back
Hanging Leg Raise	3	to failure	Abs
Crossover Crunch	3	to failure	Abs
Side Plank	3	90 sec.	Core

Day 4

Exercise	Sets	Reps	Muscle Group
Barbell Shoulder Press	3	3	Shoulders
Smith Machine Shoulder Press	3	4-6	Shoulders
Cable Lateral Raise	4	7-8	Shoulders
Lying Cable Rear Delt Raise	4	7-8	Shoulders
Barbell Shrug	3	3	Traps
Barbell Behind-Back Shrug	4	4-6	Traps

Day 5

Exercise	Sets	Reps	Muscle Group
Deadlift	3	3	Legs
Close-Grip Bench Press	3	3	Triceps
Dumbbell Overhead Triceps Extension	4	4-6	Triceps
Reverse-Grip Triceps Pressdown	4	7-8	Triceps
Barbell Curl	3	3	Biceps
Hammer Curl	4	4-6	Biceps
Behind-Back Cable Curl	4	7-8	Biceps
Barbell Wrist Curl	3	3	Forearms
Barbell Reverse Wrist Curl	4	7-8	Forearms

