



VERSION 2.0

SIX WEEKS TO SICK ARMS

GROW YOUR ARMS UP TO 1"

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5, 3, 2 Strength Program Phase 3 (weeks 9&10)

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Week 1

Day 1

Exercise	Sets	Reps	Muscle Group
Bench Press	2	2	Chest
Incline Bench Press	4	3-5	Chest
Decline Dumbbell Press	4	3-5	Chest
Pec Dec	4	5-6	Chest
Decline Crunch	3	to failure	Abs
Reverse Crunch	3	to failure	Abs
Oblique Crunch	3	to failure	Abs

Day 2

Exercise	Sets	Reps	Muscle Group
Squat	2	2	Legs
One-Leg Leg Press	4	3-5	Legs
Leg Extension	4	5-6	Legs
Romanian Deadlift	4	3-5	Legs
Lying Leg Curl	4	5-6	Legs
Standing Calf Raise	4	8-10	Calves
Seated Calf Raise	4	10-12	Calves

Day 3

Exercise	Sets	Reps	Muscle Group
Barbell Bent-Over Row	2	2	Back
Pull-Up	4	3-5	Back
Seated Cable Row (wide-grip)	4	3-5	Back
Straight-Arm Pulldown	4	5-6	Back
Smith Machine Hip Thrust	3	8-10	Abs
Rope Cable Crunch	3	6-8	Abs
Side Plank Reach Through	3	to failure	Core

Day 4

Exercise	Sets	Reps	Muscle Group
Barbell Shoulder Press	2	2	Shoulders
Standing Dumbbell Shoulder Press	4	3-5	Shoulders
Dumbbell Lateral Raise	4	5-6	Shoulders
One-Arm Cable Rear Delt Flye	4	5-6	Shoulders
Barbell Shrug	2	2	Traps
Smith Machine Behind-Back Shrug	5	3-5	Traps

Day 5

Exercise	Sets	Reps	Muscle Group
Deadlift	2	2	Legs
Close-Grip Bench Press	2	2	Triceps
Barbell Lying Triceps Extension	4	3-5	Triceps
Triceps Pressdown	4	5-6	Triceps
Barbell Curl	2	2	Biceps
Alternating Dumbbell Curl	3	3-5	Biceps
Incline Dumbbell Curl	3	5-6	Biceps
Barbell Wrist Curl	2	2	Forearms



Week 2

Day 1

Exercise	Sets	Reps	Muscle Group
Bench Press	2	2	Chest
Incline Bench Press	4	3-5	Chest
Decline Dumbbell Press	4	3-5	Chest
Pec Dec	4	5-6	Chest
Decline Crunch	3	to failure	Abs
Reverse Crunch	3	to failure	Abs
Oblique Crunch	3	to failure	Abs

Day 2

Exercise	Sets	Reps	Muscle Group
Squat	2	2	Legs
One-Leg Leg Press	4	3-5	Legs
Leg Extension	4	5-6	Legs
Romanian Deadlift	4	3-5	Legs
Lying Leg Curl	4	5-6	Legs
Standing Calf Raise	4	8-10	Calves
Seated Calf Raise	4	10-12	Calves

Day 3

Exercise	Sets	Reps	Muscle Group
Barbell Bent-Over Row	2	2	Back
Pull-Up	4	3-5	Back
Seated Cable Row (wide-grip)	4	3-5	Back
Straight-Arm Pulldown	4	5-6	Back
Smith Machine Hip Thrust	3	8-10	Abs
Rope Cable Crunch	3	6-8	Abs
Side Plank Reach Through	3	to failure	Core

Day 4

Exercise	Sets	Reps	Muscle Group
Barbell Shoulder Press	2	2	Shoulders
Standing Dumbbell Shoulder Press	4	3-5	Shoulders
Dumbbell Lateral Raise	4	5-6	Shoulders
One-Arm Cable Rear Delt Flye	4	5-6	Shoulders
Barbell Shrug	2	2	Traps
Smith Machine Behind-Back Shrug	5	3-5	Traps

Day 5

Exercise	Sets	Reps	Muscle Group
Deadlift	2	2	Legs
Close-Grip Bench Press	2	2	Triceps
Barbell Lying Triceps Extension	4	3-5	Triceps
Triceps Pressdown	4	5-6	Triceps
Barbell Curl	2	2	Biceps
Alternating Dumbbell Curl	3	3-5	Biceps
Incline Dumbbell Curl	3	5-6	Biceps
Barbell Wrist Curl	2	2	Forearms
Barbell Reverse Wrist Curl	4	5-6	Forearms