



VERSION 2.0

SIX WEEKS TO SICK ARMS

GROW YOUR ARMS UP TO 1"

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Drop Set Countdown

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Week 1

Day 1

Exercise	Sets	Reps	Muscle Group
Bench Press	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Chest
Incline Dumbbell Press	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Chest
Cable Crossover	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Chest
Smith Machine Hip Thrust	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Abs
Rope Cable Crunch	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Abs

Day 2

Exercise	Sets	Reps	Muscle Group
Squat	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Legs
Leg Press	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Legs
Leg Extension	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Legs
Romanian Deadlift	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Legs
Lying Leg Curl	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Legs
Standing Calf Raise	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Calves
Seated Calf Raise	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Calves

Day 3

Exercise	Sets	Reps	Muscle Group
Barbell Bent-Over Row	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Back
Wide-Grip Lat Pulldown	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Back
Straight-Arm Pulldown	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Back
Smith Machine Crunch	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Abs
Cable Oblique Pushdown	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Abs

Day 4

Exercise	Sets	Reps	Muscle Group
Seated Dumbbell Shoulder Press	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Shoulders
Dumbbell Lateral Raise	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Shoulders
Cable Rear Delt Flye	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Shoulders
Barbell Shrug	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Traps
Smith Machine Behind-Back Shrug	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Traps
Seated Calf Raise	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Calves
Leg Press Calf Raise	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Calves

Day 5

Exercise	Sets	Reps	Muscle Group
Close-Grip Bench Press	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Triceps
Triceps Pressdown	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Triceps
Overhead Cable Triceps Extension (high pulley)	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Triceps
Barbell Curl	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Biceps
Incline Dumbbell Curl	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Biceps
Prone Incline Dumbbell Curl	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Biceps
Barbell Reverse Wrist Curl	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Forearms
Barbell Wrist Curl	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Forearms

Week 2

Day 1



Exercise	Sets	Reps	Muscle Group
Bench Press	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Chest
Incline Dumbbell Press	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Chest
Cable Crossover	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Chest
Smith Machine Hip Thrust	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Abs
Rope Cable Crunch	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Abs



Day 2

Exercise	Sets	Reps	Muscle Group
Squat	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Legs
Leg Press	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Legs
Leg Extension	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Legs
Romanian Deadlift	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Legs
Lying Leg Curl	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Legs
Standing Calf Raise	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Calves
Seated Calf Raise	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Calves

Day 3

Exercise	Sets	Reps	Muscle Group
Barbell Bent-Over Row	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Back
Wide-Grip Lat Pulldown	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Back
Straight-Arm Pulldown	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Back
Smith Machine Crunch	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Abs
Cable Oblique Pushdown	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Abs

Day 4

Exercise	Sets	Reps	Muscle Group
Seated Dumbbell Shoulder Press	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Shoulders
Dumbbell Lateral Raise	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Shoulders
Cable Rear Delt Flye	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Shoulders
Barbell Shrug	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Traps
Smith Machine Behind-Back Shrug	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Traps
Seated Calf Raise	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Calves
Leg Press Calf Raise	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Calves

Day 5

Exercise	Sets	Reps	Muscle Group
Close-Grip Bench Press	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Triceps
Triceps Pressdown	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Triceps
Overhead Cable Triceps Extension (high pulley)	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Triceps
Barbell Curl	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Biceps
Incline Dumbbell Curl	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Biceps
Prone Incline Dumbbell Curl	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Biceps
Barbell Reverse Wrist Curl	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Forearms
Barbell Wrist Curl	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Forearms

Week 3

Day 1

Exercise	Sets	Reps	Muscle Group
Bench Press	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Chest
Incline Dumbbell Press	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Chest
Cable Crossover	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Chest
Smith Machine Hip Thrust	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Abs
Rope Cable Crunch	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Abs

Day 2

Exercise	Sets	Reps	Muscle Group
Squat	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Legs
Leg Press	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Legs
Leg Extension	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Legs



Romanian Deadlift	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Legs
Lying Leg Curl	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Legs
Standing Calf Raise	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Calves
Seated Calf Raise	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Calves



Day 3

Exercise	Sets	Reps	Muscle Group
Barbell Bent-Over Row	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Back
Wide-Grip Lat Pulldown	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Back
Straight-Arm Pulldown	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Back
Smith Machine Crunch	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Abs
Cable Oblique Pushdown	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Abs

Day 4

Exercise	Sets	Reps	Muscle Group
Seated Dumbbell Shoulder Press	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Shoulders
Dumbbell Lateral Raise	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Shoulders
Cable Rear Delt Flye	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Shoulders
Barbell Shrug	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Traps
Smith Machine Behind-Back Shrug	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Traps
Seated Calf Raise	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Calves
Leg Press Calf Raise	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Calves

Day 5

Exercise	Sets	Reps	Muscle Group
Close-Grip Bench Press	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Triceps
Triceps Pressdown	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Triceps
Overhead Cable Triceps Extension (high pulley)	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Triceps
Barbell Curl	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Biceps
Incline Dumbbell Curl	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Biceps
Prone Incline Dumbbell Curl	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Biceps
Barbell Reverse Wrist Curl	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Forearms
Barbell Wrist Curl	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Forearms

Week 4

Day 1

Exercise	Sets	Reps	Muscle Group
Bench Press	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Chest
Incline Dumbbell Press	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Chest
Cable Crossover	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Chest
Smith Machine Hip Thrust	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Abs
Rope Cable Crunch	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Abs

Day 2

Exercise	Sets	Reps	Muscle Group
Squat	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Legs
Leg Press	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Legs
Leg Extension	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Legs
Romanian Deadlift	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Legs
Lying Leg Curl	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Legs
Standing Calf Raise	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Calves
Seated Calf Raise	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Calves

Day 3

Exercise	Sets	Reps	Muscle Group
Barbell Bent-Over Row	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Back
Wide-Grip Lat Pulldown	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Back
Straight-Arm Pulldown	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Back
Smith Machine Crunch	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Abs



**Day 4**

Exercise	Sets	Reps	Muscle Group
Seated Dumbbell Shoulder Press	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Shoulders
Dumbbell Lateral Raise	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Shoulders
Cable Rear Delt Flye	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Shoulders
Barbell Shrug	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Traps
Smith Machine Behind-Back Shrug	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Traps
Seated Calf Raise	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Calves
Leg Press Calf Raise	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Calves

Day 5

Exercise	Sets	Reps	Muscle Group
Close-Grip Bench Press	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Triceps
Triceps Pressdown	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Triceps
Overhead Cable Triceps Extension (high pulley)	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Triceps
Barbell Curl	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Biceps
Incline Dumbbell Curl	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Biceps
Prone Incline Dumbbell Curl	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Biceps
Barbell Reverse Wrist Curl	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Forearms
Barbell Wrist Curl	1	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	Forearms