



VERSION 2.0

# SIX WEEKS TO SICK ARMS

GROW YOUR ARMS UP TO 1"

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## Full-Body Shortcut to Size – Weeks 1-4

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### Week 1

#### Day 1

Exercise	Sets	Reps	Muscle Group
<a href="#">Bench Press</a>	3	12-15	Chest
<a href="#">Reverse-Grip Bench Press</a>	2	12-15	Chest
<a href="#">Incline Dumbbell Flye</a>	2	12-15	Chest
<a href="#">Cable Crossover</a>	2	12-15	Chest
<a href="#">Reverse-Grip Lat Pulldown</a>	2	12-15	Back
<a href="#">Deadlift</a>	2	12-15	Legs
<a href="#">Dumbbell Upright Row</a>	2	12-15	Shoulders
<a href="#">Barbell Behind-Back Shrug</a>	2	12-15	Traps
<a href="#">Standing Calf Raise</a>	2	12-15	Calves
<a href="#">Seated Calf Raise</a>	2	12-15	Calves
<a href="#">Dumbbell Kickback</a>	2	12-15	Triceps
<a href="#">Behind-Back Cable Curl</a>	2	12-15	Biceps
<a href="#">Barbell Wrist Curl</a>	2	12-15	Forearms
<a href="#">Rope Cable Crunch</a>	2	12-15	Abs

#### Day 2

Exercise	Sets	Reps	Muscle Group
<a href="#">Barbell Bent-Over Row</a>	3	12-15	Back
<a href="#">Wide-Grip Lat Pulldown</a>	2	12-15	Back
<a href="#">Standing Lat Pulldown</a>	2	12-15	Back
<a href="#">Straight-Arm Pulldown</a>	2	12-15	Back
<a href="#">Dumbbell Bench Press</a>	2	12-15	Chest
<a href="#">Step-Up</a>	2	12-15	Legs
<a href="#">Prone Dumbbell Rear Delt Raise</a>	2	12-15	Shoulders
<a href="#">Prone Incline Dumbbell Shrug</a>	2	12-15	Traps
<a href="#">Cable Toe Raise</a>	2	12-15	Calves
<a href="#">Dumbbell Overhead Triceps Extension</a>	2	12-15	Triceps
<a href="#">Dumbbell Concentration Curl</a>	2	12-15	Biceps
<a href="#">Dumbbell Reverse Wrist Curl</a>	2	12-15	Forearms
<a href="#">Hip Thrust</a>	2	12-15	Abs
<a href="#">Crunch</a>	2	12-15	Abs

#### Day 3

Exercise	Sets	Reps	Muscle Group
<a href="#">Dumbbell Shoulder Press</a>	3	12-15	Shoulders
<a href="#">Dumbbell Lateral Raise</a>	2	12-15	Shoulders
<a href="#">Cable Front Raise</a>	2	12-15	Shoulders
<a href="#">Standing Cable Rear Delt Raise Both Arms</a>	2	12-15	Back
<a href="#">Dumbbell Shrug</a>	2	12-15	Traps
<a href="#">Straight-Arm Pushdown</a>	2	12-15	Traps
<a href="#">Dumbbell Row</a>	2	12-15	Back
<a href="#">Walking Lunge</a>	2	12-15	Legs
<a href="#">Leg Press Calf Raise</a>	2	12-15	Calves
<a href="#">Cable Cross-Over Chest Press from Low Pulley</a>	2	12-15	Chest
<a href="#">Close-Grip Bench Press</a>	2	12-15	Triceps
<a href="#">Barbell Preacher Curl</a>	2	12-15	Biceps

<a href="#">Dumbbell Wrist Curl</a>	2	12-15	Forearms	
<a href="#">Cable Woodchopper</a>	2	12-15	Abs	

#### Day 4

Exercise	Sets	Reps	Muscle Group
<a href="#">Triceps Pressdown</a>	3	12-15	Triceps
<a href="#">Barbell Lying Triceps Extension</a>	2	12-15	Triceps
<a href="#">Overhead Cable Triceps Extension (high pulley)</a>	2	12-15	Triceps
<a href="#">Barbell Curl</a>	2	12-15	Biceps
<a href="#">Incline Dumbbell Curl</a>	2	12-15	Biceps
<a href="#">High Cable Curl</a>	2	12-15	Biceps
<a href="#">Barbell Hack Squat</a>	2	12-15	Legs
<a href="#">Cable Flye</a>	2	12-15	Chest
<a href="#">Straight-Arm Pulldown</a>	2	12-15	Back
<a href="#">Cable Lateral Raise</a>	2	12-15	Shoulders
<a href="#">Cable Shrug</a>	2	12-15	Traps
<a href="#">One-Leg Standing Calf Raise</a>	2	12-15	Calves
<a href="#">Barbell Reverse Wrist Curl</a>	2	12-15	Forearms
<a href="#">Cable Oblique Pushdown</a>	2	12-15	Abs

#### Day 5

Exercise	Sets	Reps	Muscle Group
<a href="#">Squat</a>	3	12-15	Legs
<a href="#">One-Leg Leg Press</a>	2	12-15	Legs
<a href="#">Leg Extension</a>	2	12-15	Legs
<a href="#">Romanian Deadlift</a>	2	12-15	Legs
<a href="#">Lying Leg Curl</a>	2	12-15	Legs
<a href="#">Incline Dumbbell Press</a>	2	12-15	Chest
<a href="#">Seated Cable Row</a>	2	12-15	Back
<a href="#">Seated Calf Raise</a>	2	12-15	Calves
<a href="#">Standing Barbell Shoulder Press</a>	2	12-15	Shoulders
<a href="#">Barbell Shrug</a>	2	12-15	Traps
<a href="#">Reverse-Grip Triceps Pressdown</a>	2	12-15	Triceps
<a href="#">Hammer Curl</a>	2	12-15	Biceps
<a href="#">Behind-Back Wrist Curl</a>	2	12-15	Forearms
<a href="#">Cable Roundhouse Elbow</a>	2	12-15	Abs

## Week 2

#### Day 1

Exercise	Sets	Reps	Muscle Group
<a href="#">Bench Press</a>	3	9-11	Chest
<a href="#">Reverse-Grip Bench Press</a>	2	9-11	Chest
<a href="#">Incline Dumbbell Flye</a>	2	9-11	Chest
<a href="#">Cable Crossover</a>	2	9-11	Chest
<a href="#">Reverse-Grip Lat Pulldown</a>	2	9-11	Back
<a href="#">Deadlift</a>	2	9-11	Legs
<a href="#">Dumbbell Upright Row</a>	2	9-11	Shoulders
<a href="#">Barbell Behind-Back Shrug</a>	2	9-11	Traps
<a href="#">Standing Calf Raise</a>	2	9-11	Calves
<a href="#">Seated Calf Raise</a>	2	9-11	Calves
<a href="#">Dumbbell Kickback</a>	2	9-11	Triceps
<a href="#">Behind-Back Cable Curl</a>	2	9-11	Biceps
<a href="#">Barbell Wrist Curl</a>	2	9-11	Forearms
<a href="#">Rope Cable Crunch</a>	2	9-11	Abs

#### Day 2

Exercise	Sets	Reps	Muscle Group
<a href="#">Barbell Bent-Over Row</a>	3	9-11	Back
<a href="#">Wide-Grip Lat Pulldown</a>	2	9-11	Back

<a href="#">Standing Lat Pulldown</a>	2	9-11	Back
<a href="#">Straight-Arm Pulldown</a>	2	9-11	Back
<a href="#">Dumbbell Bench Press</a>	2	9-11	Chest
<a href="#">Step-Up</a>	2	9-11	Legs
<a href="#">Prone Dumbbell Rear Delt Raise</a>	2	9-11	Shoulders
<a href="#">Prone Incline Dumbbell Shrug</a>	2	9-11	Traps
<a href="#">Cable Toe Raise</a>	2	9-11	Calves
<a href="#">Dumbbell Overhead Triceps Extension</a>	2	9-11	Triceps
<a href="#">Dumbbell Concentration Curl</a>	2	9-11	Biceps
<a href="#">Dumbbell Reverse Wrist Curl</a>	2	9-11	Forearms
<a href="#">Hip Thrust</a>	2	9-11	Abs
<a href="#">Crunch</a>	2	9-11	Abs

### Day 3

Exercise	Sets	Reps	Muscle Group
<a href="#">Dumbbell Shoulder Press</a>	3	9-11	Shoulders
<a href="#">Dumbbell Lateral Raise</a>	2	9-11	Shoulders
<a href="#">Cable Front Raise</a>	2	9-11	Shoulders
<a href="#">Standing Cable Rear Delt Raise Both Arms</a>	2	9-11	Back
<a href="#">Dumbbell Shrug</a>	2	9-11	Traps
<a href="#">Straight-Arm Pushdown</a>	2	9-11	Traps
<a href="#">Dumbbell Row</a>	2	9-11	Back
<a href="#">Walking Lunge</a>	2	9-11	Legs
<a href="#">Leg Press Calf Raise</a>	2	9-11	Calves
<a href="#">Cable Cross-Over Chest Press from Low Pulley</a>	2	9-11	Chest
<a href="#">Close-Grip Bench Press</a>	2	9-11	Triceps
<a href="#">Barbell Preacher Curl</a>	2	9-11	Biceps
<a href="#">Dumbbell Wrist Curl</a>	2	9-11	Forearms
<a href="#">Cable Woodchopper</a>	2	9-11	Abs

### Day 4

Exercise	Sets	Reps	Muscle Group
<a href="#">Triceps Pressdown</a>	3	9-11	Triceps
<a href="#">Barbell Lying Triceps Extension</a>	2	9-11	Triceps
<a href="#">Overhead Cable Triceps Extension (high pulley)</a>	2	9-11	Triceps
<a href="#">Barbell Curl</a>	2	9-11	Biceps
<a href="#">Incline Dumbbell Curl</a>	2	9-11	Biceps
<a href="#">High Cable Curl</a>	2	9-11	Biceps
<a href="#">Barbell Hack Squat</a>	2	9-11	Legs
<a href="#">Cable Flye</a>	2	9-11	Chest
<a href="#">Straight-Arm Pulldown</a>	2	9-11	Back
<a href="#">Cable Lateral Raise</a>	2	9-11	Shoulders
<a href="#">Cable Shrug</a>	2	9-11	Traps
<a href="#">One-Leg Standing Calf Raise</a>	2	9-11	Calves
<a href="#">Barbell Reverse Wrist Curl</a>	2	9-11	Forearms
<a href="#">Cable Oblique Pushdown</a>	2	9-11	Abs

### Day 5

Exercise	Sets	Reps	Muscle Group
<a href="#">Squat</a>	3	9-11	Legs
<a href="#">One-Leg Leg Press</a>	2	9-11	Legs
<a href="#">Leg Extension</a>	2	9-11	Legs
<a href="#">Romanian Deadlift</a>	2	9-11	Legs
<a href="#">Lying Leg Curl</a>	2	9-11	Legs
<a href="#">Incline Dumbbell Press</a>	2	9-11	Chest
<a href="#">Seated Cable Row</a>	2	9-11	Back
<a href="#">Seated Calf Raise</a>	2	9-11	Calves
<a href="#">Standing Barbell Shoulder Press</a>	2	9-11	Shoulders
<a href="#">Barbell Shrug</a>	2	9-11	Traps

<a href="#">Reverse-Grip Triceps Pressdown</a>	2	9-11	Triceps
<a href="#">Hammer Curl</a>	2	9-11	Biceps
<a href="#">Behind-Back Wrist Curl</a>	2	9-11	Forearms
<a href="#">Cable Roundhouse Elbow</a>	2	9-11	Abs



### Week 3

#### Day 1

Exercise	Sets	Reps	Muscle Group
<a href="#">Bench Press</a>	3	6-8	Chest
<a href="#">Reverse-Grip Bench Press</a>	2	6-8	Chest
<a href="#">Incline Dumbbell Flye</a>	2	6-8	Chest
<a href="#">Cable Crossover</a>	2	6-8	Chest
<a href="#">Reverse-Grip Lat Pulldown</a>	2	6-8	Back
<a href="#">Deadlift</a>	2	6-8	Legs
<a href="#">Dumbbell Upright Row</a>	2	6-8	Shoulders
<a href="#">Barbell Behind-Back Shrug</a>	2	6-8	Traps
<a href="#">Standing Calf Raise</a>	2	6-8	Calves
<a href="#">Seated Calf Raise</a>	2	6-8	Calves
<a href="#">Dumbbell Kickback</a>	2	6-8	Triceps
<a href="#">Behind-Back Cable Curl</a>	2	6-8	Biceps
<a href="#">Barbell Wrist Curl</a>	2	6-8	Forearms
<a href="#">Rope Cable Crunch</a>	2	6-8	Abs

#### Day 2

Exercise	Sets	Reps	Muscle Group
<a href="#">Barbell Bent-Over Row</a>	3	6-8	Back
<a href="#">Wide-Grip Lat Pulldown</a>	2	6-8	Back
<a href="#">Standing Lat Pulldown</a>	2	6-8	Back
<a href="#">Straight-Arm Pulldown</a>	2	6-8	Back
<a href="#">Dumbbell Bench Press</a>	2	6-8	Chest
<a href="#">Step-Up</a>	2	6-8	Legs
<a href="#">Prone Dumbbell Rear Delt Raise</a>	2	6-8	Shoulders
<a href="#">Prone Incline Dumbbell Shrug</a>	2	6-8	Traps
<a href="#">Cable Toe Raise</a>	2	6-8	Calves
<a href="#">Dumbbell Overhead Triceps Extension</a>	2	6-8	Triceps
<a href="#">Dumbbell Concentration Curl</a>	2	6-8	Biceps
<a href="#">Dumbbell Reverse Wrist Curl</a>	2	6-8	Forearms
<a href="#">Hip Thrust</a>	2	6-8	Abs
<a href="#">Crunch</a>	2	6-8	Abs

#### Day 3

Exercise	Sets	Reps	Muscle Group
<a href="#">Dumbbell Shoulder Press</a>	3	6-8	Shoulders
<a href="#">Dumbbell Lateral Raise</a>	2	6-8	Shoulders
<a href="#">Cable Front Raise</a>	2	6-8	Shoulders
<a href="#">Standing Cable Rear Delt Raise Both Arms</a>	2	6-8	Back
<a href="#">Dumbbell Shrug</a>	2	6-8	Traps
<a href="#">Straight-Arm Pushdown</a>	2	6-8	Traps
<a href="#">Dumbbell Row</a>	2	6-8	Back
<a href="#">Walking Lunge</a>	2	6-8	Legs
<a href="#">Leg Press Calf Raise</a>	2	6-8	Calves
<a href="#">Cable Cross-Over Chest Press from Low Pulley</a>	2	6-8	Chest
<a href="#">Close-Grip Bench Press</a>	2	6-8	Triceps
<a href="#">Barbell Preacher Curl</a>	2	6-8	Biceps
<a href="#">Dumbbell Wrist Curl</a>	2	6-8	Forearms
<a href="#">Cable Woodchopper</a>	2	6-8	Abs

#### Day 4

Exercise	Sets	Reps	Muscle Group
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<a href="#">Triceps Pressdown</a>	3	6-8	Triceps
<a href="#">Barbell Lying Triceps Extension</a>	2	6-8	Triceps
<a href="#">Overhead Cable Triceps Extension (high pulley)</a>	2	6-8	Triceps
<a href="#">Barbell Curl</a>	2	6-8	Biceps
<a href="#">Incline Dumbbell Curl</a>	2	6-8	Biceps
<a href="#">High Cable Curl</a>	2	6-8	Biceps
<a href="#">Barbell Hack Squat</a>	2	6-8	Legs
<a href="#">Cable Flye</a>	2	6-8	Chest
<a href="#">Straight-Arm Pulldown</a>	2	6-8	Back
<a href="#">Cable Lateral Raise</a>	2	6-8	Shoulders
<a href="#">Cable Shrug</a>	2	6-8	Traps
<a href="#">One-Leg Standing Calf Raise</a>	2	6-8	Calves
<a href="#">Barbell Reverse Wrist Curl</a>	2	6-8	Forearms
<a href="#">Cable Oblique Pushdown</a>	2	6-8	Abs



#### Day 5

Exercise	Sets	Reps	Muscle Group
<a href="#">Squat</a>	3	6-8	Legs
<a href="#">One-Leg Leg Press</a>	2	6-8	Legs
<a href="#">Leg Extension</a>	2	6-8	Legs
<a href="#">Romanian Deadlift</a>	2	6-8	Legs
<a href="#">Lying Leg Curl</a>	2	6-8	Legs
<a href="#">Incline Dumbbell Press</a>	2	6-8	Chest
<a href="#">Seated Cable Row</a>	2	6-8	Back
<a href="#">Seated Calf Raise</a>	2	6-8	Calves
<a href="#">Standing Barbell Shoulder Press</a>	2	6-8	Shoulders
<a href="#">Barbell Shrug</a>	2	6-8	Traps
<a href="#">Reverse-Grip Triceps Pressdown</a>	2	6-8	Triceps
<a href="#">Hammer Curl</a>	2	6-8	Biceps
<a href="#">Behind-Back Wrist Curl</a>	2	6-8	Forearms
<a href="#">Cable Roundhouse Elbow</a>	2	6-8	Abs

## Week 4

#### Day 1

Exercise	Sets	Reps	Muscle Group
<a href="#">Bench Press</a>	3	3-5	Chest
<a href="#">Reverse-Grip Bench Press</a>	2	3-5	Chest
<a href="#">Incline Dumbbell Flye</a>	2	3-5	Chest
<a href="#">Cable Crossover</a>	2	3-5	Chest
<a href="#">Reverse-Grip Lat Pulldown</a>	2	3-5	Back
<a href="#">Deadlift</a>	2	3-5	Legs
<a href="#">Dumbbell Upright Row</a>	2	3-5	Shoulders
<a href="#">Barbell Behind-Back Shrug</a>	2	3-5	Traps
<a href="#">Standing Calf Raise</a>	2	3-5	Calves
<a href="#">Seated Calf Raise</a>	2	3-5	Calves
<a href="#">Dumbbell Kickback</a>	2	3-5	Triceps
<a href="#">Behind-Back Cable Curl</a>	2	3-5	Biceps
<a href="#">Barbell Wrist Curl</a>	2	3-5	Forearms
<a href="#">Rope Cable Crunch</a>	2	3-5	Abs

#### Day 2

Exercise	Sets	Reps	Muscle Group
<a href="#">Barbell Bent-Over Row</a>	3	3-5	Back
<a href="#">Wide-Grip Lat Pulldown</a>	2	3-5	Back
<a href="#">Standing Lat Pulldown</a>	2	3-5	Back
<a href="#">Straight-Arm Pulldown</a>	2	3-5	Back
<a href="#">Dumbbell Bench Press</a>	2	3-5	Chest
<a href="#">Step-Up</a>	2	3-5	Legs



<a href="#">Prone Dumbbell Rear Delt Raise</a>	2	3-5	Shoulders
<a href="#">Prone Incline Dumbbell Shrug</a>	2	3-5	Traps
<a href="#">Cable Toe Raise</a>	2	3-5	Calves
<a href="#">Dumbbell Overhead Triceps Extension</a>	2	3-5	Triceps
<a href="#">Dumbbell Concentration Curl</a>	2	3-5	Biceps
<a href="#">Dumbbell Reverse Wrist Curl</a>	2	3-5	Forearms
<a href="#">Hip Thrust</a>	2	3-5	Abs
<a href="#">Crunch</a>	2	3-5	Abs



### Day 3

Exercise	Sets	Reps	Muscle Group
<a href="#">Dumbbell Shoulder Press</a>	3	3-5	Shoulders
<a href="#">Dumbbell Lateral Raise</a>	2	3-5	Shoulders
<a href="#">Cable Front Raise</a>	2	3-5	Shoulders
<a href="#">Standing Cable Rear Delt Raise Both Arms</a>	2	3-5	Back
<a href="#">Dumbbell Shrug</a>	2	3-5	Traps
<a href="#">Straight-Arm Pushdown</a>	2	3-5	Traps
<a href="#">Dumbbell Row</a>	2	3-5	Back
<a href="#">Walking Lunge</a>	2	3-5	Legs
<a href="#">Leg Press Calf Raise</a>	2	3-5	Calves
<a href="#">Cable Cross-Over Chest Press from Low Pulley</a>	2	3-5	Chest
<a href="#">Close-Grip Bench Press</a>	2	3-5	Triceps
<a href="#">Barbell Preacher Curl</a>	2	3-5	Biceps
<a href="#">Dumbbell Wrist Curl</a>	2	3-5	Forearms
<a href="#">Cable Woodchopper</a>	2	3-5	Abs

### Day 4

Exercise	Sets	Reps	Muscle Group
<a href="#">Triceps Pressdown</a>	3	3-5	Triceps
<a href="#">Barbell Lying Triceps Extension</a>	2	3-5	Triceps
<a href="#">Overhead Cable Triceps Extension (high pulley)</a>	2	3-5	Triceps
<a href="#">Barbell Curl</a>	2	3-5	Biceps
<a href="#">Incline Dumbbell Curl</a>	2	3-5	Biceps
<a href="#">High Cable Curl</a>	2	3-5	Biceps
<a href="#">Barbell Hack Squat</a>	2	3-5	Legs
<a href="#">Cable Flye</a>	2	3-5	Chest
<a href="#">Straight-Arm Pulldown</a>	2	3-5	Back
<a href="#">Cable Lateral Raise</a>	2	3-5	Shoulders
<a href="#">Cable Shrug</a>	2	3-5	Traps
<a href="#">One-Leg Standing Calf Raise</a>	2	3-5	Calves
<a href="#">Barbell Reverse Wrist Curl</a>	2	3-5	Forearms
<a href="#">Cable Oblique Pushdown</a>	2	3-5	Abs

### Day 5

Exercise	Sets	Reps	Muscle Group
<a href="#">Squat</a>	3	3-5	Legs
<a href="#">One-Leg Leg Press</a>	2	3-5	Legs
<a href="#">Leg Extension</a>	2	3-5	Legs
<a href="#">Romanian Deadlift</a>	2	3-5	Legs
<a href="#">Lying Leg Curl</a>	2	3-5	Legs
<a href="#">Incline Dumbbell Press</a>	2	3-5	Chest
<a href="#">Seated Cable Row</a>	2	3-5	Back
<a href="#">Seated Calf Raise</a>	2	3-5	Calves
<a href="#">Standing Barbell Shoulder Press</a>	2	3-5	Shoulders
<a href="#">Barbell Shrug</a>	2	3-5	Traps
<a href="#">Reverse-Grip Triceps Pressdown</a>	2	3-5	Triceps
<a href="#">Hammer Curl</a>	2	3-5	Biceps
<a href="#">Behind-Back Wrist Curl</a>	2	3-5	Forearms
<a href="#">Cable Roundhouse Elbow</a>	2	3-5	Abs



