



VERSION 2.0

SIX WEEKS TO SICK ARMS

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Strong in 8 (Phase 2)

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This is Phase 2 of the program that follows Phase 1. So week 1 of Phase 2 is actually week 5 of the Strong In 8 program. Be sure to read the Strong In 8 training program in my Training section before you start this workout.

[View the complete program](#)

Week 1

Day 1

Exercise	Sets	Reps	Muscle Group
Bench Press	4	10-12	Chest
Decline Bench Press	4	10-12	Chest
Incline Dumbbell Press	4	10-12	Chest
Dumbbell Flye	4	10-12	Chest
Hanging Leg Raise	3	15-19	Abs
Rope Cable Crunch	3	15-19	Abs
Dumbbell Side Bend	3	15-19	Abs

Day 2

Exercise	Sets	Reps	Muscle Group
Barbell Shoulder Press	4	10-12	Shoulders
Smith Machine Upright Row	4	10-12	Shoulders
Dumbbell Lateral Raise	4	10-12	Shoulders
Dumbbell Bent-Over Lateral Raise	4	10-12	Shoulders
Standing Calf Raise	4	15-20	Calves
Seated Calf Raise	4	15-20	Calves

Day 3

Exercise	Sets	Reps	Muscle Group
Deadlift	4	10-12	Legs
Barbell Bent-Over Row	4	10-12	Back
Reverse-Grip Lat Pulldown	4	10-12	Back
Wide-Grip Lat Pulldown	4	10-12	Back
Barbell Shrug	4	10-12	Traps
Hanging Leg Raise	3	15-19	Abs
Decline Crunch	3	15-19	Abs
Side Plank	3	1 min.	Core

Day 4

Exercise	Sets	Reps	Muscle Group
Close-Grip Bench Press	4	10-12	Triceps
Barbell Lying Triceps Extension	4	10-12	Triceps
Dumbbell Overhead Triceps Extension	4	10-12	Triceps
Barbell Curl	4	10-12	Biceps
Incline Dumbbell Curl	4	10-12	Biceps
Barbell Preacher Curl	4	10-12	Biceps
Barbell Wrist Curl	3	10-12	Forearms
Barbell Reverse Wrist Curl	3	10-12	Forearms

Day 5

Exercise	Sets	Reps	Muscle Group
Squat	4	10-12	Legs
Front Squat	4	10-12	Legs

Leg Press	4	10-12	Legs	
Leg Extension	4	10-12	Legs	
Lying Leg Curl	4	10-12	Legs	
Seated Calf Raise	4	15-20	Calves	
Leg Press Calf Raise	4	15-20	Calves	

Week 2

Day 1

Exercise	Sets	Reps	Muscle Group
Bench Press	4	7-9	Chest
Decline Bench Press	4	7-9	Chest
Incline Dumbbell Press	4	7-9	Chest
Dumbbell Flye	4	7-9	Chest
Hip Thrust	3	10-14	Abs
Rope Cable Crunch	3	10-14	Abs
Oblique Cable Crunch	3	10-14	Abs

Day 2

Exercise	Sets	Reps	Muscle Group
Barbell Shoulder Press	4	7-9	Shoulders
Smith Machine Upright Row	4	7-9	Shoulders
Dumbbell Lateral Raise	4	7-9	Shoulders
Dumbbell Bent-Over Lateral Raise	4	7-9	Shoulders
Standing Calf Raise	4	10-14	Calves
Seated Calf Raise	4	10-14	Calves

Day 3

Exercise	Sets	Reps	Muscle Group
Deadlift	4	7-9	Legs
Barbell Bent-Over Row	4	7-9	Back
Reverse-Grip Lat Pulldown	4	7-9	Back
Wide-Grip Lat Pulldown	4	7-9	Back
Barbell Shrug	4	7-9	Traps
Hip Thrust	3	10-14	Abs
Rope Cable Crunch	3	10-14	Abs
Cable Woodchopper	3	10-14	Abs

Day 4

Exercise	Sets	Reps	Muscle Group
Close-Grip Bench Press	4	7-9	Triceps
Barbell Lying Triceps Extension	4	7-9	Triceps
Dumbbell Overhead Triceps Extension	4	7-9	Triceps
Barbell Wrist Curl	3	7-9	Forearms
Barbell Reverse Wrist Curl	3	7-9	Forearms

Day 5

Exercise	Sets	Reps	Muscle Group
Squat	4	7-9	Legs
Front Squat	4	7-9	Legs
Leg Press	4	7-9	Legs
Leg Extension	4	7-9	Legs
Lying Leg Curl	4	7-9	Legs
Seated Calf Raise	4	10-14	Calves
Leg Press Calf Raise	4	10-14	Calves

Week 3

Day 1

Exercise	Sets	Reps	Muscle Group
Bench Press	4	4-6	Chest

Decline Bench Press	4	4-6	Chest
Incline Dumbbell Press	4	4-6	Chest
Dumbbell Flye	4	4-6	Chest
Smith Machine Hip Thrust	3	7-9	Abs
Machine Crunch	3	7-9	Abs
Oblique Cable Crunch	3	7-9	Abs



Day 2

Exercise	Sets	Reps	Muscle Group
Barbell Shoulder Press	4	4-6	Shoulders
Smith Machine Upright Row	4	4-6	Shoulders
Dumbbell Lateral Raise	4	4-6	Shoulders
Dumbbell Bent-Over Lateral Raise	4	4-6	Shoulders
Standing Calf Raise	4	7-9	Calves
Seated Calf Raise	4	7-9	Calves

Day 3

Exercise	Sets	Reps	Muscle Group
Deadlift	4	4-6	Legs
Barbell Bent-Over Row	4	4-6	Back
Reverse-Grip Lat Pulldown	4	4-6	Back
Wide-Grip Lat Pulldown	4	4-6	Back
Barbell Shrug	4	4-6	Traps
Smith Machine Hip Thrust	3	7-9	Abs
Rope Cable Crunch	3	7-9	Abs
Plank	3	75 sec.	Core

Day 4

Exercise	Sets	Reps	Muscle Group
Close-Grip Bench Press	4	4-6	Triceps
Barbell Lying Triceps Extension	4	4-6	Triceps
Dumbbell Overhead Triceps Extension	4	4-6	Triceps
Barbell Curl	4	4-6	Biceps
Incline Dumbbell Curl	4	4-6	Biceps
Barbell Preacher Curl	4	4-6	Biceps
Barbell Wrist Curl	4	4-6	Forearms
Barbell Reverse Wrist Curl	3	4-6	Forearms

Day 5

Exercise	Sets	Reps	Muscle Group
Squat	4	4-6	Legs
Front Squat	4	4-6	Legs
Leg Press	4	4-6	Legs
Leg Extension	4	4-6	Legs
Lying Leg Curl	4	4-6	Legs
Seated Calf Raise	4	7-9	Calves
Leg Press Calf Raise	4	7-9	Calves

Week 4

Day 1

Exercise	Sets	Reps	Muscle Group
Bench Press	4	2-3	Chest
Decline Bench Press	4	2-3	Chest
Incline Dumbbell Press	4	2-3	Chest
Dumbbell Flye	4	3-5	Chest
Smith Machine Hip Thrust	3	5-6	Abs
Machine Crunch	3	5-6	Abs
Oblique Cable Crunch	3	5-6	Abs

Day 2

Exercise	Sets	Reps	Muscle Group
Barbell Shoulder Press	4	2-3	Shoulders
Smith Machine Upright Row	4	2-3	Shoulders
Dumbbell Lateral Raise	4	3-5	Shoulders
Dumbbell Bent-Over Lateral Raise	4	3-5	Shoulders
Standing Calf Raise	4	4-6	Calves
Seated Calf Raise	4	4-6	Calves

Day 3

Exercise	Sets	Reps	Muscle Group
Deadlift	4	2-3	Legs
Barbell Bent-Over Row	4	2-3	Back
Reverse-Grip Lat Pulldown	4	2-3	Back
Wide-Grip Lat Pulldown	4	2-3	Back
Barbell Shrug	4	2-3	Traps
Smith Machine Hip Thrust	3	4-6	Abs
Rope Cable Crunch	3	4-6	Abs
Plank	3	75 sec.	Core

Day 4

Exercise	Sets	Reps	Muscle Group
Close-Grip Bench Press	4	2-3	Triceps
Barbell Lying Triceps Extension	4	3-5	Triceps
Dumbbell Overhead Triceps Extension	4	3-5	Triceps
Barbell Curl	4	2-3	Biceps
Incline Dumbbell Curl	4	3-5	Biceps
Barbell Preacher Curl	4	3-5	Biceps
Barbell Wrist Curl	3	3-5	Forearms
Barbell Reverse Wrist Curl	3	3-5	Forearms

Day 5

Exercise	Sets	Reps	Muscle Group
Squat	4	2-3	Legs
Front Squat	4	2-3	Legs
Leg Press	4	2-3	Legs
Leg Extension	4	3-5	Legs
Lying Leg Curl	4	3-5	Legs
Seated Calf Raise	4	4-6	Calves
Leg Press Calf Raise	4	4-6	Calves

