



VERSION 2.0

# SIX WEEKS TO SICK ARMS

GROW YOUR ARMS UP TO 1"

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## Strong in 8

For complete details read my Strong in 8 article in my training section by clicking on the link below:

[View the complete program](#)

### Week 1

#### Day 1

Exercise	Sets	Reps	Muscle Group
<a href="#">Bench Press</a>	4	13-15	Chest
<a href="#">Incline Bench Press</a>	4	13-15	Chest
<a href="#">Dumbbell Bench Press</a>	4	13-15	Chest
<a href="#">Incline Dumbbell Flye</a>	4	13-15	Chest
<a href="#">Reverse Crunch</a>	3	20-30	Abs
<a href="#">Crunch</a>	4	13-15	Abs
<a href="#">Oblique Crunch</a>	3	20-30	Abs

#### Day 2

Exercise	Sets	Reps	Muscle Group
<a href="#">Barbell Shoulder Press</a>	4	13-15	Shoulders
<a href="#">Dumbbell Upright Row</a>	4	13-15	Shoulders
<a href="#">One-Arm Cable Lateral Raise</a>	4	13-15	Shoulders
<a href="#">Cable Rear Delt Flye</a>	4	13-15	Shoulders
<a href="#">Standing Calf Raise</a>	4	25-30	Calves
<a href="#">Seated Calf Raise</a>	4	25-30	Calves

#### Day 3

Exercise	Sets	Reps	Muscle Group
<a href="#">Deadlift</a>	4	13-15	Legs
<a href="#">Barbell Bent-Over Row</a>	4	13-15	Back
<a href="#">Wide-Grip Lat Pulldown</a>	4	13-15	Back
<a href="#">Reverse-Grip Lat Pulldown</a>	4	13-15	Back
<a href="#">Seated Cable Row</a>	4	13-15	Back
<a href="#">Barbell Shrug</a>	4	13-15	Traps
<a href="#">Hip Thrust</a>	3	20-30	Abs
<a href="#">Laying on Ground Abdominal Crunches Hands Straight Up</a>	3	20-30	Abs
<a href="#">Plank</a>	3	1 minute	Core

#### Day 4

Exercise	Sets	Reps	Muscle Group
<a href="#">Close-Grip Bench Press</a>	4	13-15	Triceps
<a href="#">Dumbbell Overhead Triceps Extension</a>	4	13-15	Triceps
<a href="#">Triceps Pressdown</a>	4	13-15	Triceps
<a href="#">Barbell Curl</a>	4	13-14	Biceps
<a href="#">Behind-Back Cable Curl</a>	4	13-15	Biceps
<a href="#">Dumbbell Curl</a>	4	13-15	Biceps
<a href="#">Dumbbell Wrist Curl</a>	3	13-15	Forearms
<a href="#">Barbell Reverse Curl</a>	3	13-15	Forearms

#### Day 5

Exercise	Sets	Reps	Muscle Group
<a href="#">Squat</a>	4	13-15	Legs
<a href="#">Front Squat</a>	4	13-15	Legs



<a href="#">Leg Press</a>	4	13-15	Legs
<a href="#">Leg Extension</a>	4	13-15	Legs
<a href="#">Lying Leg Curl</a>	4	13-15	Legs
<a href="#">Seated Calf Raise</a>	4	25-30	Calves
<a href="#">Leg Press Calf Raise</a>	4	25-30	Calves



## Week 2

### Day 1

Exercise	Sets	Reps	Muscle Group
<a href="#">Bench Press</a>	4	10-12	Chest
<a href="#">Incline Bench Press</a>	4	10-12	Chest
<a href="#">Dumbbell Bench Press</a>	4	10-12	Chest
<a href="#">Incline Dumbbell Flye</a>	4	10-12	Chest
<a href="#">Hanging Leg Raise</a>	3	15-19	Abs
<a href="#">Crunch</a>	3	15-19	Abs
<a href="#">Dumbbell Side Bend</a>	3	15-19	Abs

### Day 2

Exercise	Sets	Reps	Muscle Group
<a href="#">Barbell Shoulder Press</a>	4	10-12	Shoulders
<a href="#">Dumbbell Upright Row</a>	4	10-12	Shoulders
<a href="#">One-Arm Cable Lateral Raise</a>	4	10-12	Shoulders
<a href="#">Cable Rear Delt Flye</a>	4	10-12	Shoulders
<a href="#">Standing Calf Raise</a>	4	15-20	Calves
<a href="#">Seated Calf Raise</a>	4	10-12	Calves

### Day 3

Exercise	Sets	Reps	Muscle Group
<a href="#">Deadlift</a>	4	10-12	Legs
<a href="#">Barbell Bent-Over Row</a>	4	10-12	Back
<a href="#">Barbell Shrug</a>	4	10-12	Traps
<a href="#">Wide-Grip Lat Pulldown</a>	4	10-12	Back
<a href="#">Reverse-Grip Lat Pulldown</a>	4	10-12	Back
<a href="#">Hanging Leg Raise</a>	3	15-19	Abs
<a href="#">Decline Crunch</a>	3	15-19	Abs
<a href="#">Side Plank</a>	3	1 minute	Core

### Day 4

Exercise	Sets	Reps	Muscle Group
<a href="#">Close-Grip Bench Press</a>	4	10-12	Triceps
<a href="#">Dumbbell Overhead Triceps Extension</a>	4	10-12	Triceps
<a href="#">Triceps Pressdown</a>	4	10-12	Triceps
<a href="#">Barbell Curl</a>	4	10-12	Biceps
<a href="#">Behind-Back Cable Curl</a>	4	10-12	Biceps
<a href="#">Dumbbell Curl</a>	4	10-12	Biceps
<a href="#">Barbell Wrist Curl</a>	3	10-12	Forearms
<a href="#">Barbell Reverse Curl</a>	3	10-12	Forearms

### Day 5

Exercise	Sets	Reps	Muscle Group
<a href="#">Squat</a>	4	10-12	Legs
<a href="#">Front Squat</a>	4	10-12	Legs
<a href="#">Leg Press</a>	4	10-12	Legs
<a href="#">Leg Extension</a>	4	10-12	Legs
<a href="#">Lying Leg Curl</a>	4	10-12	Legs
<a href="#">Seated Calf Raise</a>	4	15-20	Calves
<a href="#">Leg Press Calf Raise</a>	4	15-20	Calves

## Week 3



Day 1			
Exercise	Sets	Reps	Muscle Group
<a href="#">Bench Press</a>	4	7-9	Chest
<a href="#">Incline Bench Press</a>	4	7-9	Chest
<a href="#">Dumbbell Bench Press</a>	4	7-9	Chest
<a href="#">Incline Dumbbell Flye</a>	4	7-9	Chest
<a href="#">Hip Thrust</a>	3	10-14	Abs
<a href="#">Rope Cable Crunch</a>	3	10-14	Abs
<a href="#">Oblique Cable Crunch</a>	3	10-14	Abs

Day 2			
Exercise	Sets	Reps	Muscle Group
<a href="#">Barbell Shoulder Press</a>	4	7-9	Shoulders
<a href="#">Dumbbell Upright Row</a>	4	7-9	Shoulders
<a href="#">One-Arm Cable Lateral Raise</a>	4	7-9	Shoulders
<a href="#">Cable Rear Delt Flye</a>	4	7-9	Shoulders
<a href="#">Standing Calf Raise</a>	4	10-14	Calves
<a href="#">Seated Calf Raise</a>	4	10-14	Calves

Day 3			
Exercise	Sets	Reps	Muscle Group
<a href="#">Deadlift</a>	4	7-9	Legs
<a href="#">Barbell Bent-Over Row</a>	4	7-9	Back
<a href="#">Wide-Grip Lat Pulldown</a>	4	7-9	Back
<a href="#">Reverse-Grip Lat Pulldown</a>	4	7-9	Back
<a href="#">Seated Cable Row</a>	4	7-9	Back
<a href="#">Barbell Shrug</a>	4	7-9	Traps
<a href="#">Hip Thrust</a>	3	10-14	Abs
<a href="#">Rope Cable Crunch</a>	3	10-14	Abs
<a href="#">Cable Woodchopper</a>	3	10-14	Abs

Day 4			
Exercise	Sets	Reps	Muscle Group
<a href="#">Close-Grip Bench Press</a>	4	7-9	Triceps
<a href="#">Dumbbell Overhead Triceps Extension</a>	4	7-9	Triceps
<a href="#">Triceps Pressdown</a>	4	7-9	Triceps
<a href="#">Barbell Curl</a>	4	7-9	Biceps
<a href="#">Behind-Back Cable Curl</a>	4	7-9	Biceps
<a href="#">Dumbbell Curl</a>	4	7-9	Biceps
<a href="#">Barbell Wrist Curl</a>	3	7-9	Forearms
<a href="#">Barbell Reverse Curl</a>	3	7-9	Forearms

Day 5			
Exercise	Sets	Reps	Muscle Group
<a href="#">Squat</a>	4	7-9	Legs
<a href="#">Front Squat</a>	4	7-9	Legs
<a href="#">Leg Press</a>	4	7-9	Legs
<a href="#">Leg Extension</a>	4	7-9	Legs
<a href="#">Lying Leg Curl</a>	4	7-9	Legs
<a href="#">Seated Calf Raise</a>	4	10-14	Calves
<a href="#">Leg Press Calf Raise</a>	4	10-14	Calves

## Week 4

Day 1			
Exercise	Sets	Reps	Muscle Group
<a href="#">Bench Press</a>	4	4-6	Chest
<a href="#">Incline Bench Press</a>	4	4-6	Chest
<a href="#">Dumbbell Bench Press</a>	4	4-6	Chest
<a href="#">Incline Dumbbell Flye</a>	4	4-6	Chest

<a href="#">Smith Machine Hip Thrust</a>	3	7-9	Abs
<a href="#">Machine Crunch</a>	3	7-9	Abs
<a href="#">Band Roundhouse Elbow</a>	3	7-9	Abs



**Day 2**

Exercise	Sets	Reps	Muscle Group
<a href="#">Barbell Shoulder Press</a>	4	4-6	Shoulders
<a href="#">Dumbbell Upright Row</a>	4	4-6	Shoulders
<a href="#">One-Arm Cable Lateral Raise</a>	4	4-6	Shoulders
<a href="#">Cable Rear Delt Flye</a>	4	4-6	Shoulders
<a href="#">Standing Calf Raise</a>	4	7-9	Calves
<a href="#">Seated Calf Raise</a>	4	7-9	Calves

**Day 3**

Exercise	Sets	Reps	Muscle Group
<a href="#">Deadlift</a>	4	4-6	Legs
<a href="#">Barbell Bent-Over Row</a>	4	4-6	Back
<a href="#">Wide-Grip Lat Pulldown</a>	4	4-6	Back
<a href="#">Reverse-Grip Lat Pulldown</a>	4	4-6	Back
<a href="#">Seated Cable Row</a>	4	4-6	Back
<a href="#">Barbell Shrug</a>	4	4-6	Traps
<a href="#">Smith Machine Hip Thrust</a>	3	7-9	Abs
<a href="#">Machine Crunch</a>	3	7-9	Abs
<a href="#">Plank</a>	3	75 sec.	Core

**Day 4**

Exercise	Sets	Reps	Muscle Group
<a href="#">Close-Grip Bench Press</a>	4	4-6	Triceps
<a href="#">Dumbbell Overhead Triceps Extension</a>	4	4-6	Triceps
<a href="#">Triceps Pressdown</a>	4	4-6	Triceps
<a href="#">Barbell Curl</a>	4	4-6	Biceps
<a href="#">Behind-Back Cable Curl</a>	4	4-6	Biceps
<a href="#">Dumbbell Curl</a>	4	4-6	Biceps
<a href="#">Barbell Wrist Curl</a>	3	4-6	Forearms
<a href="#">Barbell Reverse Curl</a>	3	4-6	Forearms

**Day 5**

Exercise	Sets	Reps	Muscle Group
<a href="#">Squat</a>	4	4-6	Legs
<a href="#">Front Squat</a>	4	4-6	Legs
<a href="#">Leg Press</a>	4	4-6	Legs
<a href="#">Leg Extension</a>	4	4-6	Legs
<a href="#">Lying Leg Curl</a>	4	4-6	Legs
<a href="#">Seated Calf Raise</a>	4	7-9	Calves
<a href="#">Leg Press Calf Raise</a>	4	7-9	Calves

**Week 5**

**Day 1**

Exercise	Sets	Reps	Muscle Group
<a href="#">Bench Press</a>	4	10-12	Chest
<a href="#">Decline Bench Press</a>	4	10-12	Chest
<a href="#">Incline Dumbbell Press</a>	4	10-12	Chest
<a href="#">Dumbbell Flye</a>	4	10-12	Chest
<a href="#">Hanging Leg Raise</a>	3	15-19	Abs
<a href="#">Rope Cable Crunch</a>	3	15-19	Abs
<a href="#">Dumbbell Side Bend</a>	3	15-19	Abs

**Day 2**

Exercise	Sets	Reps	Muscle Group
<a href="#">Barbell Shoulder Press</a>	4	10-12	Shoulders



<a href="#">Smith Machine Upright Row</a>	4	10-12	Shoulders
<a href="#">Dumbbell Lateral Raise</a>	4	10-12	Shoulders
<a href="#">Dumbbell Bent-Over Lateral Raise</a>	4	10-12	Shoulders
<a href="#">Standing Calf Raise</a>	4	15-20	Calves
<a href="#">Seated Calf Raise</a>	4	15-20	Calves



### Day 3

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

### Day 4

Exercise	Sets	Reps	Muscle Group
<a href="#">Close-Grip Bench Press</a>	4	10-12	Triceps
<a href="#">Barbell Lying Triceps Extension</a>	4	10-12	Triceps
<a href="#">Dumbbell Overhead Triceps Extension</a>	4	10-12	Triceps
<a href="#">Barbell Curl</a>	4	10-12	Biceps
<a href="#">Incline Dumbbell Curl</a>	4	10-12	Biceps
<a href="#">Barbell Preacher Curl</a>	4	10-12	Biceps
<a href="#">Barbell Wrist Curl</a>	3	10-12	Forearms
<a href="#">Barbell Reverse Wrist Curl</a>	3	10-12	Forearms

### Day 5

Exercise	Sets	Reps	Muscle Group
<a href="#">Squat</a>	4	10-12	Legs
<a href="#">Front Squat</a>	4	10-12	Legs
<a href="#">Leg Press</a>	4	10-12	Legs
<a href="#">Leg Extension</a>	4	10-12	Legs
<a href="#">Lying Leg Curl</a>	4	10-12	Legs
<a href="#">Seated Calf Raise</a>	4	15-20	Calves
<a href="#">Leg Press Calf Raise</a>	4	15-20	Calves

## Week 6

### Day 1

Exercise	Sets	Reps	Muscle Group
<a href="#">Bench Press</a>	4	7-9	Chest
<a href="#">Decline Bench Press</a>	4	7-9	Chest
<a href="#">Incline Dumbbell Press</a>	4	7-9	Chest
<a href="#">Dumbbell Flye</a>	4	7-9	Chest
<a href="#">Hip Thrust</a>	3	10-14	Abs
<a href="#">Rope Cable Crunch</a>	3	10-14	Abs
<a href="#">Oblique Cable Crunch</a>	3	10-14	Abs

### Day 2

Exercise	Sets	Reps	Muscle Group
<a href="#">Barbell Shoulder Press</a>	4	7-9	Shoulders
<a href="#">Smith Machine Upright Row</a>	4	7-9	Shoulders
<a href="#">Dumbbell Lateral Raise</a>	4	7-9	Shoulders
<a href="#">Dumbbell Bent-Over Lateral Raise</a>	4	7-9	Shoulders
<a href="#">Standing Calf Raise</a>	4	10-14	Calves
<a href="#">Seated Calf Raise</a>	4	10-14	Calves

### Day 3

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



#### Day 4

Exercise	Sets	Reps	Muscle Group
<a href="#">Close-Grip Bench Press</a>	4	7-9	Triceps
<a href="#">Barbell Lying Triceps Extension</a>	4	7-9	Triceps
<a href="#">Dumbbell Overhead Triceps Extension</a>	4	7-9	Triceps
<a href="#">Barbell Curl</a>	4	7-9	Biceps
<a href="#">Incline Dumbbell Curl</a>	4	7-9	Biceps
<a href="#">Barbell Preacher Curl</a>	4	7-9	Biceps
<a href="#">Barbell Wrist Curl</a>	3	7-9	Forearms
<a href="#">Barbell Reverse Wrist Curl</a>	3	7-9	Forearms

#### Day 5

Exercise	Sets	Reps	Muscle Group
<a href="#">Squat</a>	4	7-9	Legs
<a href="#">Front Squat</a>	4	7-9	Legs
<a href="#">Leg Press</a>	4	7-9	Legs
<a href="#">Leg Extension</a>	4	7-9	Legs
<a href="#">Lying Leg Curl</a>	4	7-9	Legs
<a href="#">Seated Calf Raise</a>	4	10-14	Calves
<a href="#">Leg Press Calf Raise</a>	4	10-14	Calves

## Week 7

#### Day 1

Exercise	Sets	Reps	Muscle Group
<a href="#">Bench Press</a>	4	4-6	Chest
<a href="#">Decline Bench Press</a>	4	4-6	Chest
<a href="#">Incline Dumbbell Press</a>	4	4-6	Chest
<a href="#">Dumbbell Flye</a>	4	4-6	Chest
<a href="#">Smith Machine Hip Thrust</a>	3	7-9	Abs
<a href="#">Machine Crunch</a>	3	7-9	Abs
<a href="#">Oblique Cable Crunch</a>	3	7-9	Abs

#### Day 2

Exercise	Sets	Reps	Muscle Group
<a href="#">Barbell Shoulder Press</a>	4	4-6	Shoulders
<a href="#">Smith Machine Upright Row</a>	4	4-6	Shoulders
<a href="#">Dumbbell Lateral Raise</a>	4	4-6	Shoulders
<a href="#">Dumbbell Bent-Over Lateral Raise</a>	4	4-6	Shoulders
<a href="#">Standing Calf Raise</a>	4	7-9	Calves
<a href="#">Seated Calf Raise</a>	4	7-9	Calves

#### Day 3

Exercise	Sets	Reps	Muscle Group
<a href="#">Deadlift</a>	4	4-6	Legs
<a href="#">Barbell Bent-Over Row</a>	4	4-6	Back
<a href="#">Reverse-Grip Lat Pulldown</a>	4	4-6	Back
<a href="#">Wide-Grip Lat Pulldown</a>	4	4-6	Back
<a href="#">Barbell Shrug</a>	4	4-6	Traps
<a href="#">Smith Machine Hip Thrust</a>	3	7-9	Abs
<a href="#">Rope Cable Crunch</a>	3	7-9	Abs



<a href="#">Plank</a>	3	75 sec.	Core
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Day 4			
Exercise	Sets	Reps	Muscle Group
<a href="#">Close-Grip Bench Press</a>	4	4-6	Triceps
<a href="#">Barbell Lying Triceps Extension</a>	4	4-6	Triceps
<a href="#">Dumbbell Overhead Triceps Extension</a>	4	4-6	Triceps
<a href="#">Barbell Curl</a>	4	4-6	Biceps
<a href="#">Incline Dumbbell Curl</a>	4	4-6	Biceps
<a href="#">Barbell Preacher Curl</a>	4	4-6	Biceps
<a href="#">Barbell Wrist Curl</a>	4	4-6	Forearms
<a href="#">Barbell Reverse Wrist Curl</a>	3	4-6	Forearms

Day 5			
Exercise	Sets	Reps	Muscle Group
<a href="#">Squat</a>	4	4-6	Legs
<a href="#">Front Squat</a>	4	4-6	Legs
<a href="#">Leg Press</a>	4	4-6	Legs
<a href="#">Leg Extension</a>	4	4-6	Legs
<a href="#">Lying Leg Curl</a>	4	4-6	Legs
<a href="#">Seated Calf Raise</a>	4	7-9	Calves
<a href="#">Leg Press Calf Raise</a>	4	7-9	Calves

## Week 8


Day 1			
Exercise	Sets	Reps	Muscle Group
<a href="#">Bench Press</a>	4	2-3	Chest
<a href="#">Decline Bench Press</a>	4	2-3	Chest
<a href="#">Incline Dumbbell Press</a>	4	2-3	Chest
<a href="#">Dumbbell Flye</a>	4	3-5	Chest
<a href="#">Smith Machine Hip Thrust</a>	3	5-6	Abs
<a href="#">Machine Crunch</a>	3	5-6	Abs
<a href="#">Oblique Cable Crunch</a>	3	5-6	Abs

Day 2			
Exercise	Sets	Reps	Muscle Group
<a href="#">Barbell Shoulder Press</a>	4	2-3	Shoulders
<a href="#">Smith Machine Upright Row</a>	4	2-3	Shoulders
<a href="#">Dumbbell Lateral Raise</a>	4	3-5	Shoulders
<a href="#">Dumbbell Bent-Over Lateral Raise</a>	4	3-5	Shoulders
<a href="#">Standing Calf Raise</a>	4	4-6	Calves
<a href="#">Seated Calf Raise</a>	4	4-6	Calves

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


Day 4			
Exercise	Sets	Reps	Muscle Group
<a href="#">Close-Grip Bench Press</a>	4	2-3	Triceps
<a href="#">Barbell Lying Triceps Extension</a>	4	3-5	Triceps
<a href="#">Dumbbell Overhead Triceps Extension</a>	4	3-5	Triceps
<a href="#">Barbell Curl</a>	4	2-3	Biceps



<a href="#">Incline Dumbbell Curl</a>	4	3-5	Biceps	
<a href="#">Barbell Preacher Curl</a>	4	3-5	Biceps	
<a href="#">Barbell Wrist Curl</a>	3	3-5	Forearms	
<a href="#">Barbell Reverse Wrist Curl</a>	3	3-5	Forearms	

**Day 5**

Exercise	Sets	Reps	Muscle Group
<a href="#">Squat</a>	4	2-3	Legs
<a href="#">Front Squat</a>	4	2-3	Legs
<a href="#">Leg Press</a>	4	2-3	Legs
<a href="#">Leg Extension</a>	4	3-5	Legs
<a href="#">Lying Leg Curl</a>	4	3-5	Legs
<a href="#">Seated Calf Raise</a>	4	4-6	Calves
<a href="#">Leg Press Calf Raise</a>	4	4-6	Calves

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