

**JOEL THOMAS**  
**ARM BLASTER WORKOUT**

GROW MASSIVE ARMS QUICK WITH THIS INTENSE AND STRENGTHENING WORKOUT THAT FOCUSES ON FULL CONTROL AND MAXIMIZATION OF MUSCLE CONTRACTION TO HELP YOU GET AN INSANE PUMP THROUGHOUT YOUR ENTIRE WORKOUT.

**WHO IS THIS PROGRAM FOR?**

THIS PROGRAM IS PERFECT FOR ANYONE LOOKING TO GAIN SOME EXTRA SIZE IN THE BICEPS AND TRICEPS DEPARTMENT WHILE SHOCKING THE MUSCLE GROUPS FOR FULL DEVELOPMENT AND STRENGTH GAINS.

**BUILD MASSIVE ARMS FAST**

EXERCISE	SETS	REPS	REST
CLOSE GRIP BENCH PRESS	4 SETS/2 WARMUPS	10-15 REPS	2.5-3 MINUTES
ALTERNATING BICEP CURLS	4 SETS/2 WARMUPS	8-20 REPS	2 MINUTES
OVERHEAD TRICEP PRESS	4 SETS	8-20 REPS	2 MINUTES
PREACHER CURLS	4 SETS	10-20 REPS	2 MINUTES
V-BAR TRICEP EXTENSIONS	5 SETS	10-20 REPS	NO REST
ROPE HAMMER CURLS	5 SETS	10-20 REPS	NO REST

ALLOW FOR 2 WARMUP SETS ON THE FIRST TWO EXERCISES TO HELP GET THE BLOOD FLOWING. THE FINAL TWO EXERCISES WILL BE A SUPER-SET AND IT'S CRITICAL THAT REST TIME IS ELIMINATED DURING THIS.

