

A muscular man with a beard and short hair, smiling, standing in a gym. He is shirtless, showing his well-defined muscles, and wearing red athletic shorts. He has a beaded bracelet on his right wrist and a black watch on his left wrist. The background is a blurred gym interior with various exercise machines.

HIITRAZE

1-WEEK

HIGH INTENSITY ARM

WORKOUT CHALLENGE

Equipment:





PLAN INTRODUCTION

The 1-Week High-Intensity Arm Workout Challenge is a fitness program designed by a professional trainer to help men build stronger and more defined arms. The program features high-intensity workouts tailored to target biceps and triceps muscles. Participants commit to a week-long rigorous training schedule with guidance from a qualified trainer on proper form and technique, as well as tips on achieving fitness goals. This program is ideal for men seeking to challenge themselves and improve their arm strength and definition.



It is advised that you meet in person with a licensed health professional before beginning any exercise program. All of the information is for educational purposes and is not intended to diagnose or treat medical or health conditions.



WORKOUT PLAN



DAY 1

Biceps Workout

- 1 Barbell curls:** 3 sets x 8 reps (heavyweight)
- 2 Incline dumbbell curls:** 3 sets x 10 reps (moderate weight)
- 3 Hammer curls:** 3 sets x 12 reps (lightweight)
- 4 Cable curls:** 3 sets x 15 reps (lightweight)

DAY 2

Triceps Workout

- 1 Close-grip bench press:** 3 sets x 8 reps (heavy weight)
- 2 Tricep dips:** 3 sets x 10 reps (bodyweight)
- 3 Skull crushers:** 3 sets x 12 reps (moderate weight)
- 4 Cable pushdowns:** 3 sets x 15 reps (light weight)

DAY 3

Biceps Workout

- 1 Preacher curls:** 3 sets x 8 reps (heavy weight)
- 2 Concentration curls:** 3 sets x 10 reps (moderate weight)
- 3 Incline hammer curls:** 3 sets x 12 reps (light weight)
- 4 Cable curls:** 3 sets x 15 reps (light weight)

DAY 4

REST!

Keep the day for rest and let your muscles regain the strength. It would help you get for the next round of training.

WORKOUT PLAN



DAY 5

Triceps Workout

- 1 **Dumbbell overhead tricep extension:** 3 sets x 8 reps (heavy weight)
- 2 **Tricep kickbacks:** 3 sets x 10 reps (moderate weight)
- 3 **Tricep pushdowns with rope attachment:** 3 sets x 12 reps (light weight)
- 4 **Close-grip pushups:** 3 sets x max reps (bodyweight)

DAY 6

Rest Day!

- 1 **Keep the day for rest and let your muscles regain the strength. It would help you get for the next round of training.**

DAY 7

Biceps and Triceps Workout

- 1 **Barbell curls superset with Close-grip bench press:** 3 sets x 10 reps each (moderate weight)
- 2 **Hammer curls superset with Skull crushers:** 3 sets x 12 reps each (lightweight)
- 3 **Cable curls super set with Cable push-downs:** 3 sets x 15 reps each (lightweight)

NOTE

This is a high-intensity workout challenge, so make sure to use weights that challenge you but still allow you to maintain proper form. Rest for 60-90 seconds between sets and aim to complete the workout within 45-60 minutes. Also, be sure to warm up before each workout and stretch afterward to prevent injury.



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