



Equipment:   

14-DAY

BICEP & TRICEP SCULPTING

PROGRAM





PLAN INTRODUCTION

This is a 14-day bicep and tricep sculpting program designed by a professional fitness coach to help men build and tone their arm muscles. The program includes various exercises that target different areas of the bicep and tricep muscles, with a focus on progressive overload, proper form, and rest and recovery. It is adaptable to different fitness levels and goals and includes nutrition and supplementation recommendations to support muscle growth and overall health. The program is suitable for both beginners and experienced gym-goers who want to increase the size and definition of their arm muscles.



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



1

Day 1 : BICEP FOCUS

Barbell Curl - 4 sets x 10 reps
Hammer Curl - 3 sets x 12 reps
Concentration Curl - 3 sets x 12 reps
Preacher Curl - 3 sets x 12 reps
Cable Curl - 3 sets x 12 reps

2

Day 2 : TRICEP FOCUS

Close Grip Bench Press - 4 sets x 10 reps
Tricep Dips - 3 sets x 12 reps
Overhead Tricep Extension - 3 sets x 12 reps
Tricep Pushdown - 3 sets x 12 reps
Skullcrushers - 3 sets x 12 reps

3

Day 3 : REST DAY

**REST
DAY**

4

Day 4 : BICEP FOCUS

Incline Dumbbell Curl - 4 sets x 10 reps
Chin-Up - 3 sets x 12 reps
Preacher Hammer Curl - 3 sets x 12 reps
Concentration Hammer Curl - 3 sets x 12 reps
Zottman Curl - 3 sets x 12 reps

5

Day 5: Tricep Focus

Diamond PushUp - 4 sets x 10 reps
Dumbbell Kickback - 3 sets x 12 reps
Tricep Extension - 3 sets x 12 reps
Cable Overhead Triceps Extension - 3 sets x 12 reps
Close Grip Push-Up - 3 sets x 12 reps

6

Day 3 : REST DAY

**REST
DAY**

7

Day 7: Bicep Focus

Barbell Drag Curl - 4 sets x 10 reps
Hammer Curl to Press - 3 sets x 12 reps
Zottman Preacher Curl - 3 sets x 12 reps
Spider Curl - 3 sets x 12 reps
Reverse Cable Curl - 3 sets x 12 reps

8

Day 8: Tricep Focus

Weighted Bench Dip - 4 sets x 10 reps
Close Grip Push-Up - 3 sets x 12 reps
Overhead Dumbbell Extension - 3 sets x 12 reps
Tricep Pushdown with V Bar - 3 sets x 12 reps
Dumbbell Floor Press - 3 sets x 12 reps

9

Day 3 : REST DAY

**REST
DAY**

10

Day 7: Bicep Focus

Barbell Drag Curl - 4 sets x 10 reps
Hammer Curl to Press - 3 sets x 12 reps
Zottman Preacher Curl - 3 sets x 12 reps
Spider Curl - 3 sets x 12 reps
Reverse Cable Curl - 3 sets x 12 reps

WORKOUT PLAN

11

Day 11 : Tricep Focus

Close Grip Bench Press - 4 sets x 10 reps
Overhead Cable Extension - 3 sets x 12 reps
Skull Crushers - 3 sets x 12 reps
Dumbbell Tricep Kickback - 3 sets x 12 reps
Diamond Push-Up - 3 sets x 12 reps

12

Day 12 : REST DAY

**REST
DAY**

13

Day 13: Bicep and Tricep Focus

Superset: Barbell Curl (3 sets x 10 reps) and Tricep Pushdown (3 sets x 12 reps)
Superset: Hammer Curl (3 sets x 12 reps) & Overhead Tricep Extension (3 sets x 12 reps)
Superset: Concentration Curl (3 sets x 12 reps) and Close Grip Bench Press (3 sets x 10 reps)
Superset: Preacher Curl (3 sets x 12 reps) Skullcrushers (3 sets x 12 reps)
Finisher: Cable Curl to Triceps Extension (3 sets x 12 reps)

14

Day 14 : REST DAY

**REST
DAY**

Note:

: For the supersets, perform one set of the first exercise, then immediately perform one set of the second exercise, rest for 60-90 seconds, and repeat for the specified number of sets. For the finisher, perform all reps of one exercise before immediately moving on to the next exercise without rest. Rest for 60-90 seconds between sets. Remember to stretch and cool down after each workout session.



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