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Big Arm Circuit For Sport

The following circuit may be used for athletes seeking to get much bigger arms, or simply as an extra workout during the training week. There are two variations to choose from.

Variation 1

1. Complete all six lifts in a row, and then let your partner complete all 6 lifts in a row while you rest. Complete as many sets as desired.

Variation 2

2. Complete lifts 1 and 2, then let your partner complete the same lifts while you rest. Do the same for lifts 5 and 6. Complete as many sets as desired.

1. [EZ Bar Curl](#)

2. [Tricep Push Down](#)

3. [Straight Bar Curl](#)

4. [Hammer Tricep Extension](#)

5. [Zottman Curls](#)

6. [EZ Tricep Extension](#)

Check one of the following boxes to indicate what level you want to complete for each exercise.

Level 1	1 Sets of 10	
Level 2	2 Sets of 8	
Level 3	2 Sets of 10	
Level 4	2 Sets of 12	
Level 5	3 Sets of 6	
Level 6	3 Sets of 9	
Level 7	3 Sets of 12	

