

## Great Arm Workout Routine

Here is a great arm workout that you can do at home or at the gym. This workout targets your biceps and triceps. There are three exercises for your biceps and two for your triceps.

<b>EXERCISE</b>	<b>REPS</b>	<b>SETS</b>	<b>REST (Seconds)</b>
<a href="#"><u>Hammer Curls w Dumbbells</u></a>	15	2	30
<a href="#"><u>Concentration Curl</u></a>	15	2	30
<a href="#"><u>Standing E-Z Bar Curl</u></a>	15	2	45
<a href="#"><u>Triceps Kickback</u></a>	15	3	30
<a href="#"><u>Triceps Pushdown (with rope)</u></a>	15	2	35