



## **ARMS – MASSIVE PUMP**

### **1A/ - Rope pushdowns**

Do as many warm ups as you need. Don't worry about flexing in the contracted position. Pump these out like a piston. Do sets of 15, and then on the last set do a massive drop set. You should get about 8-10 reps a drop, and do 4 drops.

*Supersetted with*

### **1B/ - Cable curls**

Do 8 full range of motion reps with a nice hard 2 second flex at the top of every rep. Also do a massive drop set on these too for your 4<sup>th</sup> set. Again, 8 to 10 reps a drop, and do 4 drops on the last set.

**8 total work sets via 4 supersets**

### **2A/ - Hammer curls**

Straight arm hammers (not cross body.) Do sets of 10 reps squeezing the fuck out of the dumbbells! On the last set, we do another drop set. Do 2 drops. So for example, do 30's for 10, 20's for 10, and 10's for 10, something like that.

*Supersetted with*

### **2B/ - Reverse grip pushdowns**

Grab an ez-bar attachment and hip hinge your body a bit, grab the bar with a reverse grip (supinated.) Do sets of 12 here. Finish with a drop set that has 3 drops in it. Shoot for about 10 reps before doing each drop.

**8 total work sets via 4 supersets**

### **3A/ - Incline bench skullcrushers**

Do sets of 8 with super strict form, and then on the last set... drop set lol. Do 2 drops. 8, drop and do 8, drop and do 8 again.

*Supersetted with*

### **3B/ - Machine curl**

I prefer a plate loaded preacher machine here (but improvise if you have to.) CONTROL the weight down and work the stretch. Do sets of 8 and then finish with another triple drop set. Do 8, then 8, then 8 again.

**8 total work sets via 4 supersets**

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