

Fill out date, number of repetitions, and amount of weight or time by downloading the PDF, or by using the markup tool in your photo app. Follow workout in consecutive order using descriptions for proper technique and progression. Click on exercise for description and video provided by [ACE fitness library](#).



Date:

Workout Type:	Arms
Skill Level:	Intermediate
Duration:	45 minutes

8-10 Repetitions for Bulk Muscle* 12-15 Repetitions for Lean Muscle*

Warm-Up: Mobility ([downward dog](#) to plank x10); 10 [Inchworms](#); Arm circles 30sec 2x (forward and back)

Circuit 1: Perform exercises back-to-back before taking a rest. After the rest begin the next set of the 2 exercises.

Exercise	Equipment	Repetitions	Weight	Modification	Step-It Up
1. Single Arm Press	Kettlebell or dumbbell	S1:	S1:	Take a step with lead leg with each press	Slow down press
		S2:	S2:		
		S3:	S3:		
2. Diagonal Raise	Dumbbell	S1:	S1:	Keep a bigger bend in lifting arm	Pause at top of lift
		S2:	S2:		
		S3:	S3:		

Circuit 2: Perform exercises back-to-back before taking a rest. After the rest begin the next set of the 2 exercises.

Exercise	Equipment	Repetitions	Weight	Modification	Step-It Up
1. Biceps Curl	Barbell or dumbbell	S1:	S1:	Unilateral - One arm curling at a time	Slow down the second half of the curl
		S2:	S2:		
		S3:	S3:		
2. Reverse Curl	Barbell or dumbbell	S1:	S1:	Unilateral - One arm curling at a time	Pause at halfway point of curl
		S2:	S2:		
		S3:	S3:		

Circuit 3: Perform exercises back-to-back before taking a rest. After the rest begin the next set of the 2 exercises.

Exercise	Equipment	Repetitions	Weight	Modification	Step-It Up
1. Triceps Extension	Dumbbell	S1:	S1:	Stagger stance	Slow down the first phase of the lift (against gravity)
		S2:	S2:		
		S3:	S3:		
2. Triceps Kickback	Dumbbell	S1:	S1:	Kneel on bench on the side that is doing work	Add a row to the beginning of the lift
		S2:	S2:		
		S3:	S3:		

Burnout: Perform exercise for 30 seconds 3 times through with 15 second rest in between.

Exercise	Equipment	Repetitions	Modification	Step-It Up
1. Lateral Crawls	Bodyweight	S1: (30sec)	Come down to knees after each crawl	Add a pushup after each crawl
		S2: (30sec)		
		S3: (30sec)		

Cool Down: 25 Jumping Jack; Static Stretches (focus on shoulders, biceps, and triceps); Wrist Stretches hold each stretch for at least 20 seconds repeating each stretch 2x.

For More Information: Visit Campus Recreation's website to schedule a [free wellness consultation](#) or email rec@pitt.edu. If you print out the workout, or if the links are broken, visit acefitness.org and click on exercise database & library to search for the description and video of the exercises.