



DATE / WEEK						
Round 1	01 Sitting Bicep Curl	R_____ W_____	R_____ W_____	R_____ W_____	R_____ W_____	R_____ W_____
	02 Forearm Curls	R_____ W_____	R_____ W_____	R_____ W_____	R_____ W_____	R_____ W_____
	03 Lying Tricep Extensions	R_____ W_____	R_____ W_____	R_____ W_____	R_____ W_____	R_____ W_____
Round 2	04 Sitting Bicep Curls	R_____ W_____	R_____ W_____	R_____ W_____	R_____ W_____	R_____ W_____
	05 Forearm Curls	R_____ W_____	R_____ W_____	R_____ W_____	R_____ W_____	R_____ W_____
	06 Lying Tricep Curls	R_____ W_____	R_____ W_____	R_____ W_____	R_____ W_____	R_____ W_____
Round 3	07 Incline Bicep Curls	R_____ W_____	R_____ W_____	R_____ W_____	R_____ W_____	R_____ W_____
	08 Reverse Forearm Curls	R_____ W_____	R_____ W_____	R_____ W_____	R_____ W_____	R_____ W_____
	09 Tricep Kickbacks	R_____ W_____	R_____ W_____	R_____ W_____	R_____ W_____	R_____ W_____
Round 4	10 Incline Bicep Curls	R_____ W_____	R_____ W_____	R_____ W_____	R_____ W_____	R_____ W_____
	11 Reverse Forearm Curls	R_____ W_____	R_____ W_____	R_____ W_____	R_____ W_____	R_____ W_____
	12 Tricep Kickbacks	R_____ W_____	R_____ W_____	R_____ W_____	R_____ W_____	R_____ W_____
Round 5	13 Bicep 21's	R_____ W_____	R_____ W_____	R_____ W_____	R_____ W_____	R_____ W_____
	14 Forearm Sandwich	R_____ W_____	R_____ W_____	R_____ W_____	R_____ W_____	R_____ W_____
	15 Side Tri Rise	L_____ R_____	L_____ R_____	L_____ R_____	L_____ R_____	L_____ R_____
Round 6	16 Bicep 21's	R_____ W_____	R_____ W_____	R_____ W_____	R_____ W_____	R_____ W_____
	17 Forearm Sandwich	R_____ W_____	R_____ W_____	R_____ W_____	R_____ W_____	R_____ W_____
	18 Side Tri Rise	L_____ R_____	L_____ R_____	L_____ R_____	L_____ R_____	L_____ R_____
Round 7 - Bonus	19 Crazy 8's	R_____ W_____	R_____ W_____	R_____ W_____	R_____ W_____	R_____ W_____
	20 "Off the Butt" Forearm Curl	R_____ W_____	R_____ W_____	R_____ W_____	R_____ W_____	R_____ W_____
	21 Hammer Curls	R_____ W_____	R_____ W_____	R_____ W_____	R_____ W_____	R_____ W_____
	22 Tricep Throws	R_____ W_____	R_____ W_____	R_____ W_____	R_____ W_____	R_____ W_____
	23 Crazy 8's	R_____ W_____	R_____ W_____	R_____ W_____	R_____ W_____	R_____ W_____
	Time (47 Min)	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____
	Average Heart Rate (BPM)	Ave _____	Ave _____	Ave _____	Ave _____	Ave _____

ONE ON ONE, VOLUME 1 / DISC 4 - JUST ARMS

Equipment Required

- 1) Dumbbells
- 2) Bench (or Chair)

Other Recommendation

- Do 4-5 minutes of warmup on your own as Tony gets right into it.