

Armed & Dangerous

Arm Day Workout Giveaway

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Video guided Workout:

<https://www.youtube.com/watch?v=WocITvUNK6w>

Here's a step by step Eric Bach's arm workout workout to build muscular, defined arms.

You'll learn how to sequence and progress your lifts for consistent progress in the gym.

The SPECIFIC coaching cues I give when I'm training clients...so you can do the same and get more bang for your buck on arm day...while staying healthy.

If you want to experience this for yourself with custom coaching, start here: <https://bachperformance.com/coaching/>

Warm Up:

Toe-Grab Squat x10

Band Dislocation x10

Band pull apart x50

1.Overhead Medicine Ball Slam 3x8 rest 45s

2.Trap bar row 2x warm up; 3x work sets 3x6-8 rest 2 minutes

145 2x10;165x10

195x8; 210x6

3.Wide Grip Pull Up 4x6-8 rest 2 minutes

4.Chest supported Row 10-6-10 method

3x10-6-10 rest 60s

Perform a 10-second isometric rep – squeeze and hold the weight in place. You'll then segue immediately into 6 slow, 3-5 second eccentric reps while concentrating on the muscle you're working. Once you've finished those, you'll conclude with 10 partial reps.

5. Seated Alternating Isodynamic Pulldown 3x10-12 rest 60s

6. Rear Delt swing 2x30 rest 60s