

FITNESS WORKOUT GUIDE

ARMS WORKOUT FOR WOMEN | 4 WEEKS

Drop excuses. Just lift. Track your progress and build your dream body.

DATE:

1. MONTHLY FOCUS

What is my main target and my "why"?

2. WORKOUT SUMMARY

Target: Arms (Biceps & Triceps)
Training Level: Beginner | Intermediate
Main Goal: Build Muscle

Duration: 45-60 Mins
Days Per Week: 1 Day
Program Duration: 4 weeks

3. WORKOUT

Exercise Description		Sets	Reps	Rest
1	Standing Dumbbell Curl	4	10-12	60 sec
2	Alternating Incline Dumbbell Curl	3	10-12	45 sec
3	Spider Curl (on Incline Bench)	3	10-12	45 sec
4	Triceps Pushdown (Cable with Rope)	4	10-12	60 sec
5	Overhead Triceps Extension (Dumbbell)	3	10-12	45 sec
6	Triceps Kickback	3	15-20	30 sec

4. PRO TIPS FOR TONED ARMS

- **Squeeze at the Top:** Focus on contracting your biceps and triceps hard at the peak of every movement for maximum muscle activation.
- **Control the Descent:** Don't just drop the weight. Lower it slowly (2-3 seconds) to get the most out of every repetition.
- **Stay Consistent:** Perform this arm workout once a week alongside your upper or lower body routine for the next 4 weeks.

NOTES

- **Progressive Overload:** Aim to increase weight or reps slightly every week.
- **Intensity Matters:** Choose a weight that makes the last 2 repetitions of every set challenging while maintaining perfect form.

5. DAILY HABITS TO TRACK

- ☐ Controlled form & technique
- ☐ Drank 3L of water
- ☐ Applied progressive overload

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