

THE IG **LIVE** WORKOUT

EXERCISE 1

Dumbbell Curls (Static Reps)

- 3 sets
- 6-7 reps together
- 3-4 Reps single
- 3-4 reps together

Superset with Hammer Curls

- 10-12 reps

EXERCISE 2

Seated Overhead Single Tricep Extensions

- 3 sets
 - 10-12 Full reps
 - 5 Partial Reps Last set
- Super set with Elevated Close grip Push Ups (shoulder width)
- 10-12 reps 5 Partial Tricep Posing 10-15 secs

EXERCISE 3

Cross Body Single Hammer Curls

- 4 sets
- 10-12 reps

EXERCISE 4

Single Tricep Kick Backs

- 10 reps Pinky in the air
 - 5-7 reps Knuckle in the air
- Super Set Push ups (Close Grip)
- 5-7 Full Reps
 - 3-5 Partial Reps

EXERCISE 5

Resistant band Single Tricep Pull Down

- 3 Sets
- 10-15 Reps

EXERCISE 6

Diamond Push ups

- 3 Sets
 - 10-15 reps
 - 5 Partial
- Super Set Hammer Curls
- 10-12 Reps



FULL ARMS WORKOUT

Follow the workout as 19X Olympia winning coach Hany Rambod trains arms remotely with IFBB Pro Andrei Deiu at home in London.

SUPPLEMENTATION

PRE-WORKOUT

- EVP 3D Sour Watermelon -2 Scoops
- EVP AQ 1/2 Cap

INTRA-WORKOUT

- AminoKEM Tropic Thunder - 1 scoop

POST-WORKOUT

- Isoject S'mores 2 Scoops



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