

BEST CABLE MACHINE WORKOUT

BODY360 FIT



DO YOU NEED HELP WITH YOUR FITNESS?

**JOIN THE 30-DAY CHALLENGE.
APPLY TODAY—SPACE IS LIMITED!**

**Body360 Fit Personal Training
West Hollywood, CA
Body360Fit.com**

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EXERCISES	SETS	REP RANGE
ARM INFERNO WORKOUT		
1a. Biceps: Cable Bicep Curls	3	8-12
1b. Triceps: Reverse Grip Pushdowns	3	8-12
2a. Biceps: Ez Curl Cable Curls	3	10-12
2b. Triceps: Cable Overhead Extensions	3	10-12
3a. Biceps: Cable Preacher Curls	3	12 -15
3b. Triceps: Rope Pushdowns	3	12-15
4a. Biceps: Cable Rope Curls	3	15
4b. Tricep: Cable Kickbacks	3	15

How To Perform The Best Arm Workout of All Time

This dynamic routine is curated for ultimate efficiency, ensuring maximum gains for your biceps and triceps. To optimize your workout, execute exercises 1a & 1b, 2a & 2b, 3a & 3b, and 4a & 4b in a superset fashion. This workout should be performed once per week and can be placed at the end of any group of compound exercise movements or implemented as a stand-alone training program.

WEST HOLLYWOOD, CA | [INFO@BODY360FIT.COM](mailto:info@body360fit.com)

• CONSULT YOUR DOCTOR BEFORE BEGINNING ANY EXERCISE PROGRAM.

