

# CALL **TO** ARMS

**WE ALL WANT BIGGER OR MORE DEFINED ARMS, RIGHT? BESTFIT'S COACH POTTS SHOWS US HOW ...**



“This workout is designed to be utilised once a week as it is fairly high volume and your legs will need time to recover,” explains Potts. “Muscle size relates directly to its capacity to recover, so the good news is there is nothing to stop someone doing upper body two to three times per week provided they split the workload into chest, shoulders, arms and back, shoulders, arms.

“This workout is aimed at promoting maximum growth by stimulating muscle fibres through differing weights and times under tension, ensuring the body adapts to endurance and strength training.

“The big compound lifts are done with lower reps and higher weights and the smaller, more isolated movements are done to higher reps and lower weights to stimulate hypertrophy. As always, trainees should eat clean and eat plenty for the best results with minimal fat gain!”

**SO, LIMBER UP AND GET BUSY, TIME TO GIVE THOSE GUNS THE WORKOUT THEY CRAVE!**



## **ABOUT COACH POTTS**

Mike Potter is a qualified level 2 teacher of exercise and fitness for children, a level 3 personal trainer with qualifications in anatomy and physiology for exercise and a qualified level 3 nutritional advisor. He also holds qualifications in kettlebells, boxing and is a student of the Krav Maga system of self defence.

**WORKOUT BY COACH POTTS**



Arms	Exercise	Sets	Reps	Rest
A1	EZ bar curls	4	12, 10, 8, 6*	30s, 45s, 60s, 90s +
A2	EZ bar skullcrushers	4	12, 10, 8, 6 *	30s, 45s, 60s, 90s +
B1	Zottman curls	3	10-12	60s
B2	Half kneeling triceps extension	3	10-12	60s
C1	Biceps finisher – chin ups & inverted rows	10	Chins – 10->1 Rows – 1->10	As little as possible 60-90s before D1
D1	Triceps finisher – dips & press ups	10	Dips – 10->1 Press ups – 1->10	As little as possible

\* weight increases with each set + rest increases with each set



## ARMS WORKOUT

CLICK TO VIEW



WORKOUT VIDEO

