



≡≡≡ 12 WEEK WORKOUT CYCLE ≡≡≡

ARMAGEDDON

BUILD MASS. MORE PUMPS.

ARMS



FOCUSED
TRAINING



MUSCLE
GROWTH



STRENGTH
GAINS



12 WEEKS
TO DESTROY

WHY IS THIS PROGRAM A THING

This program was created for those tired of **average**. Tired of **guessing**. Tired of **inconsistency**. Tired of looking the same month after month. Over 12 weeks, this plan is built to force discipline, growth, and progression through structured training, recovery, and relentless effort. No fluff. No wasted sessions. No excuses. Just heavy weight, brutal consistency, and a commitment to becoming stronger than you were yesterday. Eat. Sleep. Lift. Recover.

Repeat. Build the arms. Build the mindset.

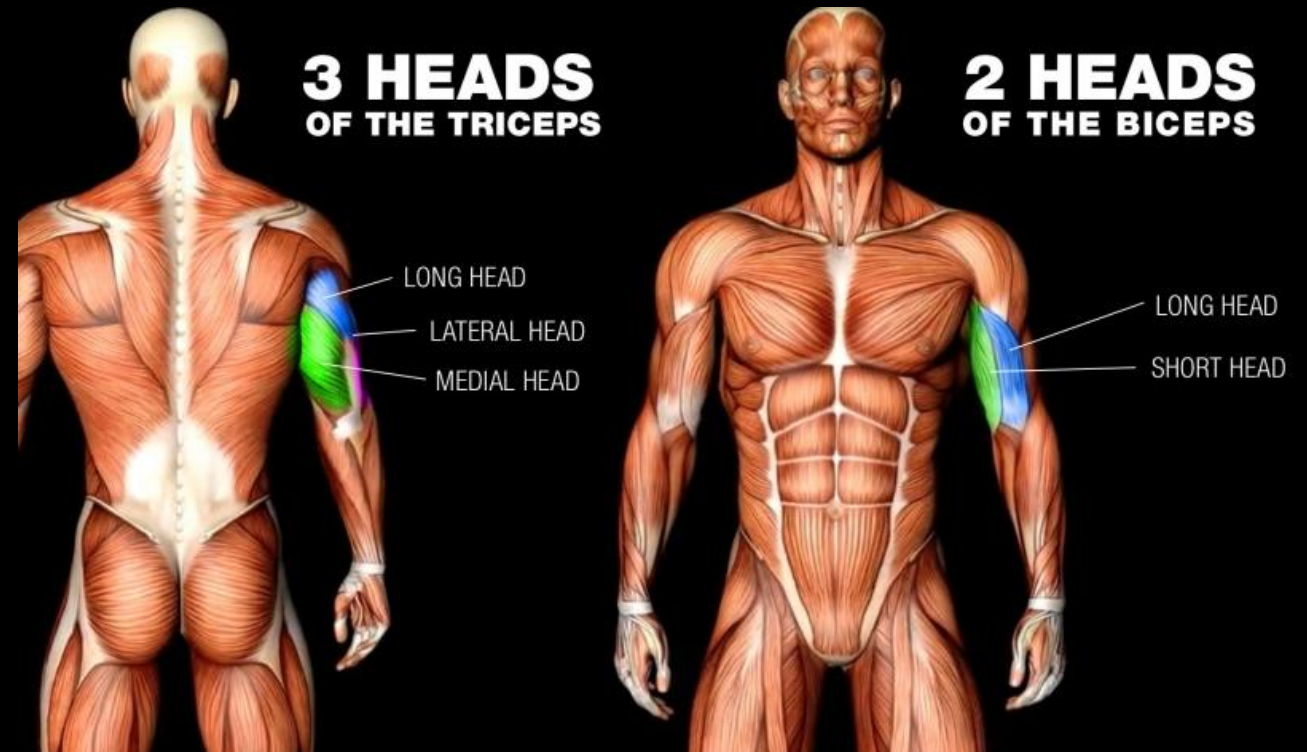
WHAT TO TRAIN

Men often struggle to build impressive arms because they don't fully understand how to train the muscles correctly. Building bigger arms is not just about lifting heavier weight or doing endless curls—it comes down to exercise selection, grip placement, hand positioning, range of motion, and proper intensity.

Your biceps consist primarily of two major muscles: the **biceps brachii** and the **brachialis**.

The biceps brachii contributes to the peak and overall height of the arm, while the brachialis sits underneath and adds thickness, width, and density to create a fuller appearance.

To maximize arm growth, you must target both. Different grips recruit these muscles differently. A **hammer grip** places greater emphasis on the brachialis and brachioradialis, helping create thicker arms and stronger forearms. A more supinated grip (palms turned upward) increases biceps brachii activation for greater peak contraction.



Grip width also matters:

- **Narrower grips** tend to emphasize the outer portions of the biceps and brachialis.
- **Wider grips** can place more tension on the inner biceps for peak development.

Understanding these small adjustments allows you to manipulate exercises to attack weak points and bring up lagging areas.

The same principle applies to triceps.

The triceps make up roughly **two-thirds of total arm mass**, meaning you cannot build truly massive arms without fully developed triceps. The triceps consist of three heads:

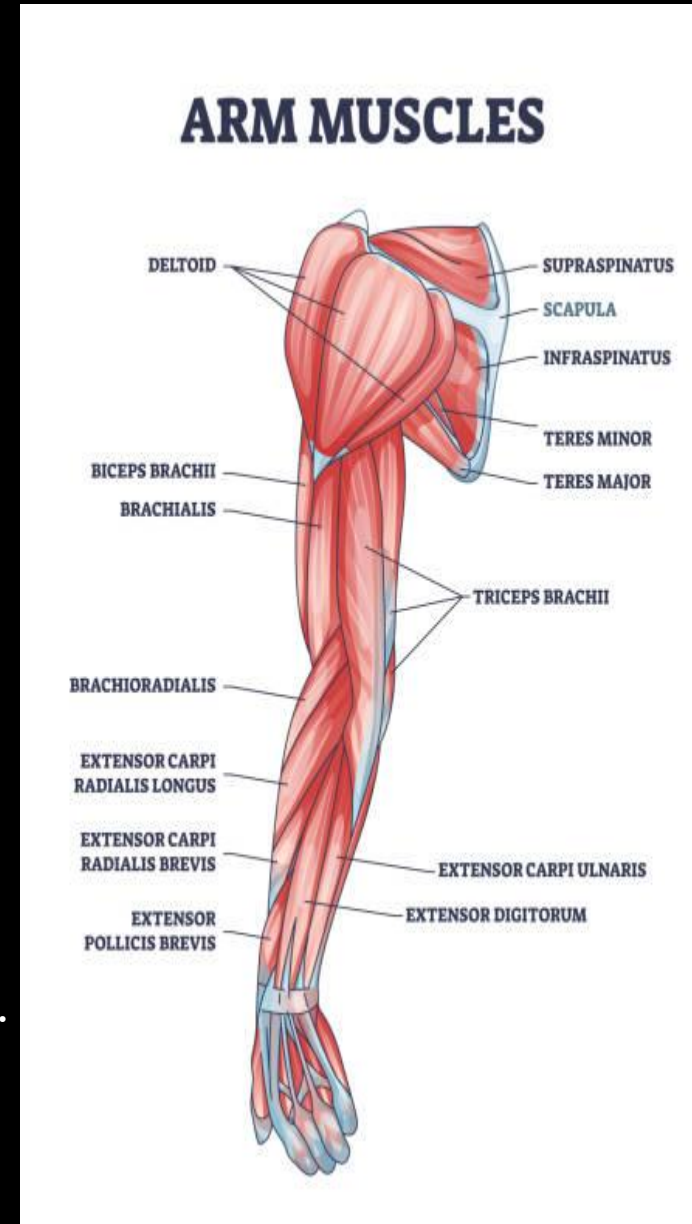
- **Long head**
- **Lateral head**
- **Medial head**

Each head must be trained through different angles and movement patterns.

Exercises like **overhead extensions, skull crushers, and incline extensions** heavily target the long head due to shoulder positioning and stretch. Movements such as **rope pushdowns, close-grip bench press, and straight-bar pushdowns** place greater emphasis on the lateral and medial heads.

If one area of your arms is underdeveloped, your training must be adjusted accordingly. Arm development is not random—it is strategic.

Master your grips, angles, tempo, and exercise selection, and your arms will grow with purpose instead of chance.



TRAINING LAYOUT

Weeks 1–4: BULK INITIATION

Start growth. Establish strength. Attack weak points.

Weeks 5–8: ARM RECONSTRUCTION

Rebuild with precision. Increase fullness, density, and workload.

Weeks 9–12: REVEAL PHASE

Strip fat. Expose detail. Finish the physique.

RECOVERY AND WARM UP

Before every training session, spend **5–10 minutes** properly warming up the shoulders, elbows, and wrists using light resistance and controlled movement.

Perform:

- Light shoulder raises and rotations
- Band pull-aparts or cable warm-ups
- Rotator cuff activation exercises
- Dynamic range-of-motion stretches for shoulders, elbows, and wrists

The goal is to increase blood flow, improve joint mobility, activate stabilizing muscles, and reduce injury risk before heavier lifts.

Take care of your body. Longevity is just as important as intensity.

WEIGHT DISCLAIMER:

All listed weights throughout this program are rough reference points based on what an average experienced gym-goer may use. These numbers are not mandatory.

Your priority is proper form, full range of motion, controlled tempo, and progressive overload. Select weights appropriate for your current strength level and increase resistance as performance improves.

Ego lifting builds injuries. Smart lifting builds muscle.

Weeks 1–4: BULK INITIATION

During the first four weeks, your primary objective is to establish the foundation for maximum growth.

This phase is centered around mastering proper form, correcting muscular imbalances, and reinforcing movement quality through mobility work, stretching, and recovery-based therapy. Building size without fixing dysfunction only limits long-term progress.

Training emphasis will be placed on **heavy compound and isolation movements** to increase strength, improve performance, and stimulate overall arm mass.

This is your growth phase.

Nutrition must support recovery and performance. While food quality should remain high, this is **not** the time to aggressively cut calories or run a steep deficit. Your body requires adequate fuel to maximize training output, recovery, and muscle protein synthesis.

Prioritize:

- High protein intake to support muscle repair and growth
- Sufficient carbohydrates to fuel training performance and glycogen replenishment
- Healthy fats to support hormone production and recovery
- Creatine-rich foods and/or supplementation to improve strength, power output, and muscular fullness

Under-eating during this phase will directly compromise your results.

Build the foundation correctly now, so later phases can expose the work you put in.

1. EZ Barbell Curls

Set 1 30lbs 15 reps (warm-up)
Set 2 60lbs 10 reps (warm-up)
Set 3 90lbs 10 reps
Set 4 100lbs 8 reps
Set 5 90lbs 10 reps
Set 6 90lbs 5 reps
Complete **5 partial reps** after set 6
(full extension down, halfway up only).
REST: 60–90 sec between sets.

2. Alternating DB Hammer Curls

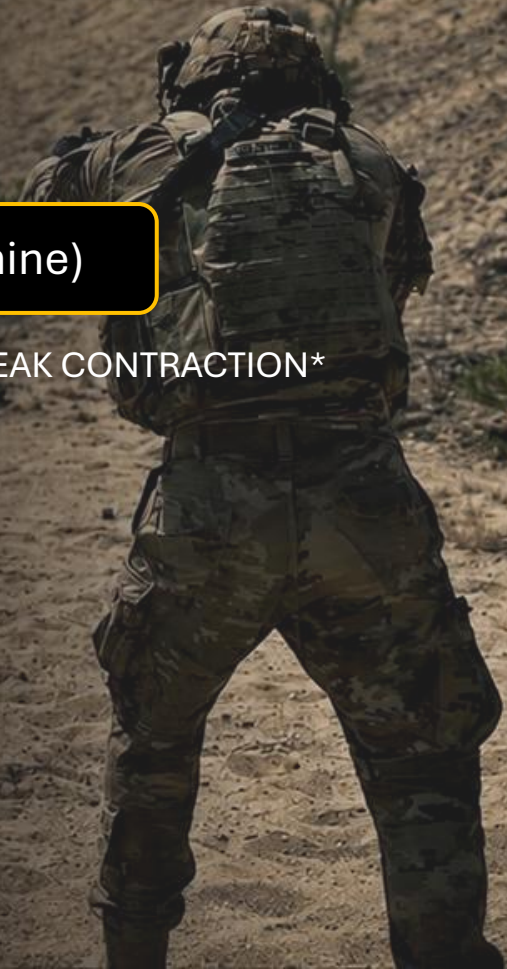
END OF EACH SET, YOU DO 5 REPS NOT ALTERNATING
Set 1 40lbs DB's 10 reps each arm
Set 2 50lbs DB's 8 reps each arm
Set 3 60lbs DB's 6 reps each arm
Set 4 30lbs DB's 5 full reps HOLDS for 5 seconds
REST: 60–90 sec between sets.

3. Seated Incline DB Curls

Set 1 20lbs DB's 12 reps
Set 2 25lbs DB's 10 reps
Set 3 30lbs DB's 8 reps
Set 4 35lbs DB's 6 reps, drop down to 25lbs and finish with 6 pause reps
REST: 60–90 sec between sets.

4. Preacher Curls (Machine)

FIRST 5 REPS, HOLD FOR 3-5 AT PEAK CONTRACTION
Set 1 45lbs 15 reps
Set 2 70lbs 12 reps
Set 3 95lbs 10 reps
Set 4 95lbs 8 reps
REST: 60–90 sec between sets.



4. Straight Bar Triceps Extension

Set 1 15 reps (warm-up)

Set 2 10 reps

Set 3 8 reps

Set 4 6 reps

Set 5 6 reps

REST: 60–90 sec between sets.

5. Cable Overhead Triceps Extension (Ropes)

Set 1 15 reps (warm-up)

Set 2 10 reps

Set 3 8 reps

Set 4 6 reps

Set 5 5 reps, hold 3-5 seconds at peak contraction

REST: 60–90 sec between sets.

6. Close Grip Barbell Bench

Set 1 135lbs 10 reps (warm-up)

Set 2 185lbs 10 reps (warm-up)

Set 3 225lbs 8 reps

Set 4 275lbs 6 reps

Set 5 315lbs 4 reps

Set 6 225lbs 10 reps

REST: 60–90 sec between sets.

7. Bodyweight Dips

Set 1 15 reps

Set 2 10 reps

Set 3 8 reps

Set 4 5 reps

REST: 60–90 sec between sets.



Weeks 5–8: ARM RECONSTRUCTION

During weeks 5–8, the focus shifts toward building arm **density, fullness, and muscular hardness**. This phase is built around maximizing the pump through increased training volume, shortened rest periods, and advanced intensity techniques including **drop sets, supersets, and partial reps**.

By now, your form should be locked in. Your goal is to improve **mind-to-muscle connection**, maximize fiber recruitment, and learn how to fully contract each muscle group with precision.

Recovery remains critical.

Continue prioritizing mobility work, stretching, and therapy to prevent tightness, overuse, and muscular imbalances from limiting progress.

Nutrition should still support growth and recovery. Remain disciplined with food quality, but avoid aggressive calorie restriction. Your body still requires adequate **protein, carbohydrates, healthy fats, and creatine support** to sustain performance and maximize results.

More volume. More intensity. More growth.

1. EZ Bar Cable Curl/ Superset with Straight bar Triceps Extension

Set 1 70lbs, 15 reps / triceps 70lbs, 15 reps
Set 2 80lbs ,15 reps/ triceps 90lbs, 15 reps
Set 3 90lbs ,12 reps/ triceps 115lbs, 12 reps
Set 4 100lbs ,10 reps/ triceps 120lbs ,10 reps
Set 5 115lbs, 8 reps/ triceps 140lbs, 8 reps
REST: 90-120 sec between sets.

2. Cable Rope Triceps Extensions/ Superset with Barbell Curls(Blast)/ Diamond Pushups

*BLAST ARE ONLY WITH CURLS. 4 HALF REPS, 4 FULL, 4 HALF
12 REPS TOTAL EACH SET

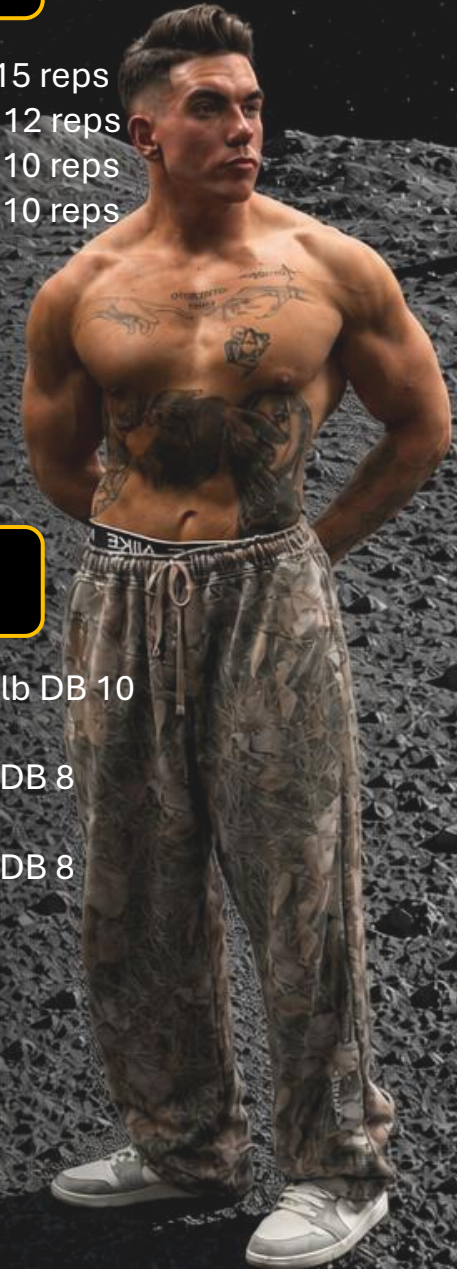
Set 1 triceps 75lbs ,15 reps/BB Curls, 50lbs/ 15 Diamonds
Set 2 triceps 85lbs, 12 reps/BB Curls, 70lbs/ 15 Diamonds
Set 3 triceps 95lbs, 10 reps/BB Curls, 80lbs/ 15 Diamonds
Set 4 triceps 105 lbs, 8 reps/ BB Curls, 90lbs/ 15 Diamonds
REST: 90-120 sec between sets.

3. Machine Single Arm Preach Curls /Superset with Standing DB Skull Crusher

Set 1 35lbs, 15 reps ea arm/ DB 50lbs 15 reps
Set 2 45lbs ,12 reps ea arm / DB 65lbs,12 reps
Set 3 55lbs, 12 reps ea arm/ DB 80lbs, 10 reps
Set 4 65lbs, 10 reps ea arm/ DB 95lbs, 10 reps

4. Hammer Curl Drop Sets

Set 1 40lb DB 10 reps, 30lb DB 10 reps, 20lb DB 10 reps
Set 2 40lb DB 8 reps, 30lb DB 8 reps, 20lb DB 8 Reps
Set 3 40lb DB 8 reps, 30lb DB 8 reps, 20lb DB 8 reps



Weeks 9–12: REVEAL PHASE

During the final 4 weeks, the objective is to expose the detail you built throughout the program.

This phase is designed to maximize **definition, separation, vascularity, and muscular detail**. Look for deeper tricep horseshoe development, visible arm separation, and greater bicep/tricep striations.

Training intensity will significantly increase.

Rest periods will be shortened while overall workload and conditioning demands rise to elevate calorie expenditure and improve muscular endurance. Advanced intensity methods such as **triple drop sets, tri-sets, and high-volume finishers** will be implemented to push your arms beyond normal fatigue thresholds.

Recovery still matters.

By this point, muscular imbalances should be largely corrected through mobility work, stretching, and recovery protocols.

Continue prioritizing these habits to prevent tightness and dysfunction from limiting performance.

Nutrition becomes more precise during this phase.

Maintain a clean diet while monitoring total caloric intake. The goal is to preserve newly built muscle mass while gradually reducing body fat through a maintenance intake or slight calorie deficit.

This is where the work becomes visible.

Maintain muscle. Strip body fat. Reveal the final product.

1. DB Curl(Regular then Hammer)/ Superset With
Close Grip Bench Press/ Close-Grip Decline Push-ups

Set 1 20lbs 10 curls, 10 hammer/ bench 135lbs,15 reps/ push-ups
15 reps

Set 2 25lbs 10 curls, 10 hammer/ bench 185lbs,15 reps/ push-ups
15 reps

Set 3 30lbs 10 curls, 10 hammer/ bench 215lbs,15 reps/ push-ups
15 reps

Set 4 35lbs 10 curls, 10 hammer/ bench 245lbs,15 reps/ push-ups
15 reps

REST: 90-120 sec between sets.

2. Machine Preacher Curls Dropset/ Superset Standing
DB Skullcrusher

Set 1 70lbs 6 reps, 45lbs 10 reps, 25lbs 15 reps/DB
80lbs, 15 reps

Set 2 70lbs 6 reps, 45lbs 10 reps, 25lbs 15 reps/DB
80lbs, 15 reps

Set 3 70lbs 6 reps, 45lbs 10 reps, 25lbs 15 reps/DB
80lbs, 15 reps

Set 4 70lbs 6 reps, 45lbs 10 reps, 25lbs 15 reps/DB
80lbs, 15 reps

REST: 90-120 sec between sets.

3. EZ Bar Cable Curl/ Superset with Straight bar
Triceps Extension Burnouts

ONLY 30 SECONDS IN BETWEEN SETS

Set 1 70lbs, 15 reps/ 60lbs 12 reps

Set 2 70lbs ,15 reps / 60lbs,12 reps

Set 3 80lbs, 15 reps / 70lbs, 12 reps

Set 4 80lbs, 15 reps / 70lbs, 12 reps

4. Dips

Set 1 15 reps

Set 2 15 reps

Set 3 15 reps

Set 4 15 reps

