

LIGHT YOUR
ARMS ON FIRE

SHRED YOUR **BICEPS & TRICEPS** IN ONLY 3 WEEKS



WORKOUT GUIDE



The recommendations in this program are not intended to replace or conflict with the advice given to you by your physician or other health professionals. All matters regarding your health should be discussed with your doctor. Consult your physician before adopting the suggestions in this book. Following these dietary suggestions may impact the effect of certain types of medications. Any changes in your dosage should be made only in cooperation with your prescribing physician. The author and publisher disclaim any liability directly or indirectly from the use of the material in this book by any person.

Results vary depending on starting point, goals, and effort. Exercise and proper diet are necessary to achieve and maintain weight loss and muscle definition. Consult your physician and follow all safety instructions before beginning any exercise program or using any supplement, nutrition plan, or meal replacement product, especially if you are pregnant, breastfeeding, or if you have any unique or special medical conditions. The contents in this program are for informational purposes only, and are not intended to diagnose any medical condition, replace the advice of a healthcare professional, or provide any medical device, diagnosis, or treatment.



SUPERSET

3 SETS

EXERCISE 1 - Tgrip Barbell Bicep Curls



TRADITIONAL GRIP

10-12 REPS

Rest 60 - 90 seconds between each set

TGRIP
Original Tgrip Bar

ALTERNATIVE
Standard Bar

EXERCISE 2 - Tricep Dips



10-12 REPS

Rest 60 - 90 seconds between each set

BEST
Parallel bars
or bench

ALTERNATIVE
Chair

GIANT SET

3 SETS

EXERCISE 1 - Tgrip Hammer Curls



HAMMER GRIP

8-10-12 REPS

Rest 60 - 90 seconds between each set

TGRIP
Original Tgrip Bar

ALTERNATIVE
Dumbbells

EXERCISE 2 - Tgrip Bar Triceps Extension



TRADITIONAL GRIP

8-10-12 REPS

Rest 60 - 90 seconds between each set

TGRIP
Original Tgrip Bar

ALTERNATIVE
Standard Bar

EXERCISE 3 - Tgrip MAXX Tricep Pressdowns



HAMMER GRIP

15-20 REPS

Rest 60 - 90 seconds between each set

TGRIP
Tgrip MAXX Bar

ALTERNATIVE
Pushdown
Extension

SUPERSET

3 SETS

EXERCISE 1 - Overhead Triceps Extension



HAMMER GRIP

12-15 REPS

Rest 60 - 90 seconds between each set

TGRIP
Tgrip MAXX Bar

ALTERNATIVE
Pushdown
Extension

EXERCISE 2 - Tgrip MAXX Curls



MAXX GRIP

12-15 REPS

Rest 60 - 90 seconds between each set

TGRIP
Tgrip MAXX Bar

ALTERNATIVE
Pushdown
Extension



Remember to warm up properly before starting any of these workouts and choose weights / resistance that challenges you while maintaining proper form. Rest for 60-90 seconds between sets and exercises, unless its a superset. I advise that high-intensity workouts require adequate recovery, so allow at least 2 full days of rest before targeting the same muscle groups again.

WORKOUT SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WORKOUT DAY	ACTIVE REST DAY (CARDIO)	ACTIVE REST DAY (CARDIO)	WORKOUT DAY	ACTIVE REST DAY (CARDIO)	ACTIVE REST DAY (CARDIO)	WORKOUT DAY
WORKOUT DAY	ACTIVE REST DAY (CARDIO)	ACTIVE REST DAY (CARDIO)	WORKOUT DAY	ACTIVE REST DAY (CARDIO)	ACTIVE REST DAY (CARDIO)	WORKOUT DAY
WORKOUT DAY	ACTIVE REST DAY (CARDIO)	ACTIVE REST DAY (CARDIO)	WORKOUT DAY	ACTIVE REST DAY (CARDIO)	ACTIVE REST DAY (CARDIO)	WORKOUT DAY



WORKOUT LOGS

DATE		DAY OF THE WEEK			TOTAL TIME		
SUPERSET	TIME	SET 1		SET 2		SET 3	
		<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>
GIANT SET	TIME	SET 1		SET 2		SET 3	
		<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>
SUPERSET	TIME	SET 1		SET 2		SET 3	
		<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>

DATE		DAY OF THE WEEK			TOTAL TIME		
SUPERSET	TIME	SET 1		SET 2		SET 3	
		<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>
GIANT SET	TIME	SET 1		SET 2		SET 3	
		<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>
SUPERSET	TIME	SET 1		SET 2		SET 3	
		<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>



TGRIP

WORKOUT LOGS

DATE		DAY OF THE WEEK			TOTAL TIME		
SUPERSET	TIME	SET 1		SET 2		SET 3	
		<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>
GIANT SET	TIME	SET 1		SET 2		SET 3	
		<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>
SUPERSET	TIME	SET 1		SET 2		SET 3	
		<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>

DATE		DAY OF THE WEEK			TOTAL TIME		
SUPERSET	TIME	SET 1		SET 2		SET 3	
		<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>
GIANT SET	TIME	SET 1		SET 2		SET 3	
		<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>
SUPERSET	TIME	SET 1		SET 2		SET 3	
		<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>



WORKOUT LOGS

DATE		DAY OF THE WEEK			TOTAL TIME		
SUPERSET	TIME	SET 1		SET 2		SET 3	
		<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>
GIANT SET	TIME	SET 1		SET 2		SET 3	
		<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>
SUPERSET	TIME	SET 1		SET 2		SET 3	
		<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>

DATE		DAY OF THE WEEK			TOTAL TIME		
SUPERSET	TIME	SET 1		SET 2		SET 3	
		<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>
GIANT SET	TIME	SET 1		SET 2		SET 3	
		<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>
SUPERSET	TIME	SET 1		SET 2		SET 3	
		<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>



TGRIP

WORKOUT LOGS

DATE		DAY OF THE WEEK			TOTAL TIME		
SUPERSET	TIME	SET 1		SET 2		SET 3	
		<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>
GIANT SET	TIME	SET 1		SET 2		SET 3	
		<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>
SUPERSET	TIME	SET 1		SET 2		SET 3	
		<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>

DATE		DAY OF THE WEEK			TOTAL TIME		
SUPERSET	TIME	SET 1		SET 2		SET 3	
		<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>
GIANT SET	TIME	SET 1		SET 2		SET 3	
		<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>
SUPERSET	TIME	SET 1		SET 2		SET 3	
		<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>	<i>REPS</i>	<i>WEIGHT</i>



TGRIP

THIS HIGH INTENSITY WORKS BEST WITH TGRIP EQUIPMENT:



TGRIP OG BAR

- » Multiple grip options including the Hammer Grip, a traditional EZ grip, the inverted MAXX grip, a center grip, a wide overhand grip, and a wide overhand neutral grip
- » Solid 1.9" Olympic Sleeves
- » 350 lb load capacity



TGRIP MAXX BAR

- » Multiple grip options including the Hammer Grip, a traditional EZ grip, the inverted MAXX grip, and a center grip
- » Take this wherever you're going
- » 150 lb load capacity

