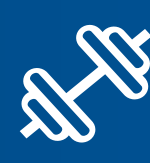




# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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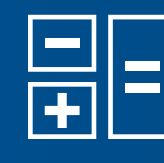
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## 4 WEEK ARM-AGEDDON BLAST ARM WORKOUT

Take your arm gains to new heights with this 4 week advanced arm workout designed by Coach Eric "Merlin" Broser and features his unique training strategies.

Link to Workout: <https://www.muscleandstrength.com/workouts/4-week-arm-ageddon-blast-arm-workout>

**Main Goal:** Build Muscle  
**Training Level:** Advanced  
**Program Duration:** 4 Weeks  
**Days Per Week:** 1 Day  
**Time Per Workout:** 45 - 70 Mins

**Equipment:** Barbell, Bodyweight, Cables, Dumbbells, EZ Bar, Machines, Other  
**Target Gender:** Male & Female  
**Author:** [Eric Broser](#)

### Week 1: The PRRS (Power/Rep Range/Shock)-HYBRID Method

Exercise	Tempo	Sets	Reps
<a href="#">Standing Barbell Curl</a>	5 / 1 / 1	2	4 - 6
Overhead Lat Pull Down Curl	2 / 1 / 1 / 1	3	13 - 15, 10 - 12, 7 - 9
A1. <a href="#">Barbell Preacher Curl</a>	3 / 0 / 1 / 1	2	7 - 9
A2. Reverse Barbell Curl	2 / 0 / 1	2	7 - 9
<a href="#">Skullcrusher</a>	5 / 0 / 1	2	4 - 6
<a href="#">Rope Pushdown</a>	2 / 0 / 1 / 1	3	13 - 15, 10 - 12, 7 - 9
B1. <a href="#">Seated One Arm Overhead Dumbbell Extension</a>	3 / 1 / 1	2	10 - 12
B2. <a href="#">Dumbbell Kickback</a>	2 / 0 / 1 / 1	2	10 - 12

### Week 2: The FTX2 (Fast Twitch Exponential) Method

Exercise	Tempo	Sets	Reps
<a href="#">Cable Rope Hammer Curl</a>	2 / 0 / 1	2	21 - 25
<a href="#">90 Degree Side Barbell Preacher Curl</a>	4 / 1 / 1	3	4 - 6
<a href="#">Standing Alternating Dumbbell Curl</a>	3 / 1 / 1	2	10 - 12
<a href="#">Lying Low Cable Curl</a>	2 / 1 / 1	2	10 - 12
<a href="#">Reverse Grip Pushdown</a>	2 / 0 / 1	2	21 - 25
<a href="#">Incline 2 Arm Overhead Dumbbell Extension</a>	3 / 2 / 1	3	4 - 6
Incline Cable Push-Outs	2 / 1 / 1 / 1	2	10 - 12

### Week 3: The SPEC (Stretch/Peak Contraction/Eccentric/Concentric Emphasis) Method

Exercise	Tempo	Sets	Reps
<a href="#">Incline Elbows Out Dumbbell Curl</a>	2 / 4 / 1 / 1	3	6 - 8
<a href="#">Straight Bar Low Cable Curl</a>	2 / 0 / 1 / 4	2	6 - 8
<a href="#">EZ Bar Curl</a>	4 / 1 / 1	2	6 - 8
<a href="#">Front Double Biceps Pose Upper Cable Curl</a>	2 / 1 / 4	2	6 - 8
<a href="#">Bent Overhead Cable V-Bar Extension</a>	2 / 4 / 1 / 1	3	6 - 8
<a href="#">2 Arm Dumbbell Kickback</a>	2 / 0 / 1 / 4	2	6 - 8
Decline 2 Arm Dumbbell Extension	4 / 1 / 1	2	6 - 8
<a href="#">Straight Bar Pushdown</a>	2 / 1 / 4	2	6 - 8

### Week 4: The FDFS (Fiber Damage/Fiber Saturation) Method

Exercise	Tempo	Sets	Reps
<a href="#">Seated Concentration Curl</a>	3 / 0 / X	2	3 - 4
<a href="#">Machine Preacher Curl</a>	6 / 0 / 1	3	5 - 7
<a href="#">Seated 1/2 Rep Barbell Curl</a>	2 / 0 / 1	2	26 - 30
<a href="#">Reverse Grip Low Cable Curl</a>	2 / 0 / 1	2	26 - 30 Each
<a href="#">Weighted Triceps Dip</a>	3 / 0 / X	3	3 - 4
<a href="#">Smith Elbows Out Close Grip Bench Press</a>	6 / 0 / 1	3	5 - 7
<a href="#">V Bar Pushdown</a>	2 / 0 / 1	2	26 - 30
<a href="#">Seated Elbows Supported Tricep Extension Machine</a>	2 / 0 / 1	2	26 - 30