

## WHY TRAIN YOUR ARMS?

WHAT'S YOUR GOAL?

ng a light to moderate weight. This can then be tailored to suit your goal.

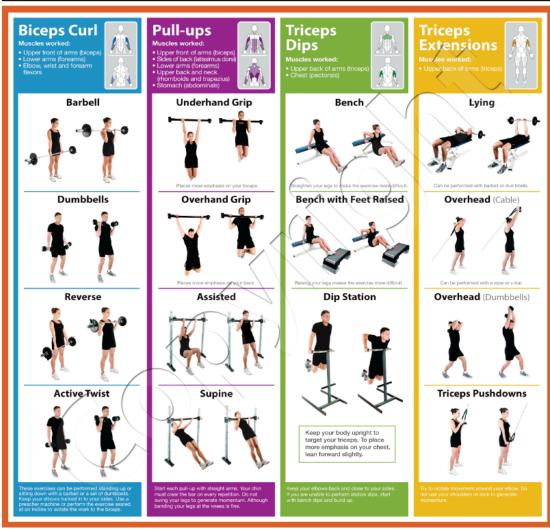
Tone and Burn Fat

Perform three sets of 12–20 reps using a light weight (60–70% of 1 rep max); mst for 30–90 seconds between sets

Increase Muscle Size

Perform three to four sets of 6-12 reps using a moderate weight (70-85% of 1 rep max); met for 1-2 minutes between sets.

Perform five sets of 2–6 reps using a heavy weight (85–100% of 1 rep max) rest for 3–5 minutes between sets.



## MAXIMISE YOUR WORKOUT!

