

“Home Bicep & Tricep Blast Dumbbell Workouts for Stronger Arms”



Program Information:

Feature	Details
Duration	4 weeks (30 days)
Focus	Strengthening and sculpting biceps and triceps
Structure	A combination of bicep and tricep exercises with progressive intensity
Intensity	Starts with foundational exercises and gradually increases intensity

Program Highlights:

Week	Focus Area
Weeks 1-2	Build foundational strength and endurance
Weeks 3-4	Focus on muscle definition and higher intensity
Structure	Targeted exercises for biceps and triceps with rest and recovery days

Workout Summary:

Week	Focus
Week 1	Establish foundational strength with basic exercises.
Week 2	Increase intensity and incorporate more reps and sets.
Week 3	Focus on strength building with added volume and weight.
Week 4	Challenge yourself with higher intensity and advanced exercises.

Workout Guide:

Day	Focus	Key Tips
Day 1	Bicep Blast	Focus on controlled movements and ensure full range of motion.
Day 2	Tricep Toning	Use proper form to maximize effectiveness and avoid injuries.
Day 3	Combined Arms	Integrate both bicep and tricep exercises for balanced strength.
Day 4	Active Rest	Engage in light stretching or gentle cardio to aid recovery.
Day 5	Strength Challenge	Increase weight or reps to push your limits and build muscle.

Workout Plan:

Week 1: Foundation Phase

Day	Exercise	Sets	Reps
Day 1	Dumbbell Bicep Curls	3	12
	Hammer Curls	3	12
	Concentration Curls	3	10
Day 2	Dumbbell Tricep Extensions	3	12
	Tricep Kickbacks	3	12
	Overhead Tricep Extensions	3	10
Day 3	Bicep and Tricep Circuit	3	10 each
Day 4	Active Rest (Stretching or Light Walk)		
Day 5	Bicep and Tricep Combo	3	15 each
	Superset Curls and Extensions	3	10 each
Day 6	Rest Day		

Week 2: Progression Phase

Day	Exercise	Sets	Reps
Day 1	Incline Dumbbell Curls	4	12
	Hammer Curls	4	15
	Concentration Curls	4	12
Day 2	Tricep Dips	4	12
	Tricep Kickbacks	4	15
	Overhead Tricep Extensions	4	12
Day 3	Bicep and Tricep Circuit	4	12 each
Day 4	Active Rest (Stretching or Light Walk)		
Day 5	Bicep and Tricep Combo	4	20 each
	Superset Curls and Extensions	4	12 each
Day 6	Rest Day		

Week 3: Strength Building Phase

Day	Exercise	Sets	Reps
Day 1	Dumbbell Curls	4	15
	Hammer Curls	4	15
	Concentration Curls	4	15
Day 2	Tricep Extensions	4	15
	Tricep Kickbacks	4	20
	Overhead Tricep Extensions	4	15
Day 3	Bicep and Tricep Circuit	4	15 each
Day 4	Active Rest (Stretching or Light Walk)		
Day 5	Bicep and Tricep Combo	4	25 each
	Superset Curls and Extensions	4	15 each
Day 6	Rest Day		

Week 4: Intensity Increase

Day	Exercise	Sets	Reps
Day 1	Dumbbell Bicep Curls	4	20
	Hammer Curls	4	20
	Concentration Curls	4	20
Day 2	Tricep Dips	4	20
	Tricep Kickbacks	4	25
	Overhead Tricep Extensions	4	20
Day 3	Bicep and Tricep Circuit	4	20 each
Day 4	Active Rest (Stretching or Light Walk)		
Day 5	Bicep and Tricep Combo	4	30 each
	Superset Curls and Extensions	4	20 each
Day 6	Rest Day		