

# THE ULTIMATE 8-WEEK ARM AND SHOULDER WORKOUT ROUTINE

Created by: [Murshid Akram](#)  
Check out [article](#) for more info

I've shared an ultimate 8-week arm and shoulder workout routine that will help you build sculpted biceps, triceps, and delts and gives you an athletic shape.

Combining this workout plan with a balanced diet will help you achieve chiseled shoulders and arms over time.

Whether you're male or female, if you're looking for a comprehensive, easy-to-follow, and effective workout plan for arms and shoulders, this program is for you. Try it for a couple of months. I hope you'll see some improvement.

## SUMMARY

This program will be based on the Tri-set workout method. A tri-set workout training involves performing three different exercises in a row (such as overhead press, biceps curl, and rope pushdown) with little or no rest in between.

It also allows you to perform the same or more reps in less time compared to the standard rep-set method, making it a time-efficient program.

Following the tri-sets arms and shoulder workout program will not build your muscle but also enhance your cardiovascular fitness.

**Here's a summary of the routine:**

- **Routine type:** Tri-set (Performing three different exercises in one set)

- **Workout per week:** Once a week if you train less than 5 times a week and twice if you work out six times a week.
- **Goal:** Build sturdy and sculpted biceps, triceps, and delts and improve the look of your torso.
- **Target Gender:** Males and Females
- **Workout level:** Intermediate
- **Duration/Session:** 60-75 minutes
- **Rest between sets:** 2-3 minutes (You can also take a one-minute break after each exercise instead of taking 2-3 minutes of rest after each set.)

**Warm-up:** It is best to do 5-10 minutes of warm-up exercises to increase your heart rate and prepare your muscles for intense resistance exercises. You can jog on the treadmill, do bodyweight cardio exercises, or lift light barbells or dumbbells for warm-up.

## SCHEDULE

### Week 1

#### Set One

- 15 Dumbbell Overhead Press
- 15 EZ Bar Biceps Curls
- 15 Rope Pushdowns
- Repeat twice.

#### Set Two

- 12 Dumbbell Lateral Raises
- 16 [1-arm Cable Overhead Triceps Extension](#) (8/arm)
- 16 [Alternating Incline Dumbbell Curls](#) (8/arm)
- Perform two rounds.

#### Set Three

- 12 Rear Delt Machine Fyles
- 10 Triangle Pushups

- 16 Alternating Hammer Curls (8/arm)
- Repeat twice.

## Week 2

### Set One

- 15 Arnold Press
- 15 EZ Bar Biceps Curls
- 15 Bar Pushdowns
- Repeat twice.

### Set Two

- 12 [Triceps Bench Press](#)
- 12 Dumbbell Lateral Raises
- 16 Concentration Curls (8/arm)
- Perform two rounds.

### Set Three

- 12 Parallel Bar Dips (Vertical Torso)
- 12 [Rear Delt Dumbbell Raises](#)
- 12 Preacher Curls
- Repeat twice.

## Week 3

### Set One

- 10 [Seated IYT Raises](#)
- 10 Chin-ups
- 10 Triceps Press Down (Slightly heavy)
- Repeat twice.

### Set Two

- 12 [Skull Crushers](#)
- 12 Cable Face Full
- 12 [Spider Curls](#)

- Perform two rounds.

### **Set Three**

- 12 Incline Prone Triceps Kickback
- 12 Barbell Shrugs
- 12 Hammer Curls
- Repeat twice.

## **Week 4**

### **Set One**

- 15 Military Press
- 15 EZ Bar Biceps Curls
- 15 Triceps Press Down
- Repeat twice.

### **Set Two**

- 12 Triceps Bar Dips
- 16 [Leaning One-arm Cable Lateral Raises](#) (8 per arm)
- 12 Preacher Curls
- Perform two rounds.

### **Set Three**

- 10 [Incline Prone Triceps Kickback](#)
- 10 Reverse Pec Deck Fly
- 10 Neutral Grip Chin-ups
- Repeat twice.

## **Week 5**

### **Set One**

- 15 Arnold Press
- 15 EZ Bar Biceps Curls
- 15 Rope Pushdown
- Repeat twice.

### Set Two

- 12 Narrow Grip Bench Press
- 16 [Bent-over Lateral Raises](#)
- 12 Incline Dumbbell Curl
- Perform two rounds.

### Set Three

- 10 Straight Bar Dips
- 12 Rear Delt Machine Flyes
- 20 Alternating Hammer Curls (10/arm)
- Repeat twice.

## Week 6

### Set One

- 10 Seated IYT Raises
- 10 Chin-ups
- 10 Triangle Push-ups
- Repeat twice.

### Set Two

- 12 [Dumbbell French Press](#)
- 12 Cable Face Full
- 12 Spider Curls
- Perform two rounds.

### Set Three

- 20 One-arm Triceps Kickback (10/arm)
- 12 Dumbbell Shrugs
- 20 Concentration Curls (10/arm)
- Repeat twice.

## Week 7

### Set One

- 15 Arnold Press

- 15 EZ Bar Biceps Curls
- 15 Bar Pushdowns
- Repeat twice.

### **Set Two**

- 12 Triceps Bench Press
- 12 Front Raises
- 20 Concentration Curls (10/arm)
- Perform two rounds.

### **Set Three**

- 20 One-arm Overhead Cable Triceps Extension (10 reps per arm)
- 12 [Dumbbell Rear Delt Flyes](#)
- 10 Neutral Grip Chin-ups
- Repeat twice.

## **Week 8**

### **Set One**

- 10 Seated IYT Raises
- 10 Chin-ups
- 10 Parallel Bar Dips
- Repeat twice.

### **Set Two**

- 12 Triangle Pushups
- 12 Cable Face Full
- 12 Preacher Curls
- Perform two rounds.

### **Set Three**

- 12 Skull Crusher
- 12 Dumbbell Shrugs
- 12 Incline Dumbbell Curls
- Repeat twice.

# How to Integrate Shoulder and Arms Workout in Your Training Program

Here's how you can include the shoulder and arm workout routine in your muscle-building training program:

**If you follow a six-day workout schedule:**

- Monday – [Back and Chest](#)
- Tuesday – Legs and Abs
- Wednesday – Shoulder and Arms
- Thursday – Chest and Back
- Friday – Tuesday – Legs and Abs
- Saturday – Shoulder and Arms
- Sunday – OFF

**If you follow a five-day weekly workout program:**

- Monday – Back and Core
- Tuesday – Legs
- Wednesday – Shoulder and Arms
- Thursday – OFF
- Friday – Chest and Core
- Saturday – Legs
- Sunday – OFF

**If you follow a four-day weekly workout program:**

- Monday – Back and Core
- Tuesday – Leg
- Wednesday – OFF
- Thursday – Shoulder and Arms
- Friday – OFF
- Saturday – Chest and Core
- Sunday – OFF

**If you follow a three-day weekly workout program:**

- Monday – Quads, Chest, and Calves
- Tuesday – OFF
- Wednesday – Shoulder and Arms
- Thursday – OFF
- Friday – Back, Hamstrings, and Glutes
- Saturday – OFF
- Sunday – OFF

# Key Tips for Maximizing Your Workout Plan and Achieving Optimal Results

## 1. Pre-Workout Meal

A good pre-workout meal sets the foundation for an effective workout session. The pre-workout meal helps you perform better during the workout and supports muscle-building.

You should have your meal 30 minutes to 2 hours before the training, depending on what kind of food you consume.

**Examples of pre-workout foods include:**

1. [Protein Shake](#)
2. Chicken Salad
3. [Dried Fruits](#)
4. Oatmeal
5. [Energy Bars](#)
6. Peanut Butter and Toast
7. Yogurt with Fruit/Granola
8. Fruit Smoothies
9. Eggs

## **2. Workout When You Feel Energetic**

Working out when you feel active lets you put your 100 percent into the workout. It could be morning, afternoon, or evening.

## **3. Keep yourself hydrated during the workout**

Several studies have shown keeping yourself hydrated during the workout is essential to prevent injuries and uneasiness and enhance performance. So, it is best to drink water when you feel hypohydration.

## **4. Post Workout stretching and cool down**

Most people often miss post-workout stretching, but many athletes and coaches recommend doing this. It may have a positive impact on your training because it helps reduce muscle soreness. (If you do not have time extra time, skip this part).

## **5. Post-workout Meal**

The post-workout meal plays a crucial role in building muscles. You can have a great workout session, but if you don't consume protein and carbs after the workout, your muscles might not grow.

That's why you should have a great meal after the resistance training to maximize your results. There's no scientific evidence that taking a post-workout meal just after the workout elicits better results. Still, it is good to take your meal as soon as you finish the workout.

I suggest consuming at least 40-50 grams of protein and one gram of carbs per kg of your body weight for optimal results (it is only an example; a nutritionist can help you better in this case).

### **Examples of Post-Workout Meals:**

- Protein shakes and banana.
- Oatmeal with yogurt, almonds, and berries.
- Chicken burrito with salad and cheese.
- Grilled chicken with roasted vegetables and rice.
- Egg omelet with avocado on whole grain toast.
- Salmon with sweet potato.
- Whole grain crackers with cheese and fruit.

## 6. Make Progress

Increase the load, the number of reps and sets, and the session duration as you progress further. Pushing your limit to a certain extent may help you build muscle faster.

## 7. Creator note

You can make any changes you want in this program. For example, you can increase and decrease repetitions, sets, interval time, and the daily workout duration. You can also replace any exercise you don't like.

## Recommended Brands:

1. [Performix](#) (Supplement)
2. [Beyond Body](#) (Book)
3. [Amazon](#) (Supplement)

## Helpful Resources:

- [Top 16 Dumbbell Exercises for Arms and Shoulders](#)
- [Top 10 Barbell Shoulder Exercises for Growth](#)
- [The 10 Best Dumbbell Exercises for Shoulder](#)
- [25 Biceps and Triceps Exercises to Build Mass](#)

## Related Workout Programs:

- [Free 12-Week Ab Workout Plan to Forge Six-Pack Abs](#)
- [12-Week Glute Program to Transform Your Booty](#)
- [10-Week Chest Workout Routine for Strength and Size](#)
- [12-Week Shoulder Workout Program for Defined Delts](#)
- [12-Week Body Transformation Workout Plan](#)

**Help us grow online so we can reach to large audience:**

[Reddit](#) | [Facebook](#) | [Instagram](#) | [Twitter](#) | [Pinterest](#) | [Flipboard](#)

# Disclaimer

This program is created by Murshid Akram, founder of Thefitnessphantom.com. These guidelines are not formulated to suit any nutrient deficiencies, allergies or any other food related health problems. If you are an individual with such problems, you should consult an Accredited Practicing Dietitian or qualified health professional. The information provided here “as is” and for general health improvement recommendations only to promote healthy eating and lifestyle habits. It is not intended as medical advice, and should not be used to diagnose, treat, cure or prevent any medical conditions. You should not use this Book as a substitute for qualified professional health advice, diagnosis or treatment. Thefitnessphantom.com and Murshid Akram makes no warranties or representations, express or implied, as to the currency, accuracy, completeness, reliability or suitability of the information contained or referenced on this site.

The information is subject to professional differences of opinion, human error in preparing this information and unique differences in individuals’ situations. We are not liable for any loss resulting from any action taken or reliance made by you on any of the information or material contained in this file.

If you use, or otherwise rely on, any of the information you are responsible for ensuring, by independent verification, its currency, accuracy, completeness, reliability and relevance to your own personal and individual circumstances.

You should always obtain any appropriate professional health advice relevant to your particular circumstances. Copyright and all other intellectual property rights in materials contained in the Book are owned by, or licensed to, Thefitnessphantom.com No intellectual property rights or other rights in, and to, the information and materials on this site are transferred to any person who acquires or may use. Except as permitted under the applicable law in your location.

You may not adapt, reproduce, publish or distribute copies of any materials contained on our website or from our file (including, but not limited to text, logos, graphics, photographs, video clips, trademarks, garment graphics, sounds or images) in any form (including by e-mail or other electronic means).