

TRAINING GUIDE

The Arms Training Guide

Bigger arms without wasting hours. Volume, exercises, and what works

Arms are one of the most over-trained yet under-progressed muscle groups. Most dads do endless curls with no structure. This guide covers exactly what moves the needle, and how to build it into a realistic week.

8 Best Exercises

Weekly
Programming

Progressive
Overload

Do's & Don'ts

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WHY STRUCTURED ARM TRAINING MATTERS

Your arms are already worked hard during chest, back and shoulder training. Dedicated arm work is the addition on top, but without structure, it's easy to spend 45 minutes curling with very little to show for it.

VOLUME & FREQUENCY

- **FREQUENCY**

2x per week is enough for most dads. Arms also get worked indirectly during push and pull days.

- **WEEKLY SETS**

8-12 sets each for biceps and triceps is sufficient for real, visible growth.

- **REP RANGE**

8-12 reps for most arm work, with occasional heavier 6-rep work for strength.

THE FOUNDATION RULE

Prioritise triceps over biceps if you're short on time. Triceps make up roughly two-thirds of your upper arm size, yet most dads spend most of their time curling.

8 BEST EXERCISES TO BUILD YOUR ARMS

Close-Grip Bench Press

COMPOUND

3-4 × 6-10

Builds triceps mass more effectively than isolation alone.

Dips

COMPOUND

3 × 8-12

A brutally effective compound triceps and chest builder.

Barbell Curl

ISOLATION

3 × 8-12

The classic for a reason. Effective, simple, progressable.

Incline Dumbbell Curl

ISOLATION

3 × 10-12

The stretched position increases the growth stimulus on the biceps.

Tricep Pushdown

ISOLATION

3 × 10-15

Great isolation finisher for triceps after compound pressing.

Overhead Tricep Extension

ISOLATION

3 × 10-12

Targets the long head of the triceps more directly than pushdowns.

Hammer Curl

ISOLATION

3 × 10-12

Targets the forearm and brachialis, adding overall arm thickness.

EZ-Bar Skull Crusher

ISOLATION

3 × 8-12

A great triceps mass builder. Control the weight, don't rush the eccentric.

HOW TO FIT THIS INTO YOUR WEEK

Arms don't need their own dedicated day, they respond well to being tacked onto existing sessions.

2-3 Days Available — Full Body

Add one bicep and one tricep exercise to the end of each session. No need for a separate arm day.

4 Days Available — Upper/Lower

Both upper days get 2-3 arm exercises after the main compound lifts, split biceps and triceps across the two days.

5-6 Days Available — Push/Pull/Legs

Triceps naturally fit on Push days, biceps on Pull days. Add a dedicated arm-focused finisher if you have a 6th day.

SAMPLE ARM FINISHER (AFTER MAIN LIFTS)

1. Close-Grip Bench Press — 3 × 8
2. Barbell Curl — 3 × 10
3. Hammer Curl — 2 × 12 (finisher)

PROGRESSIVE OVERLOAD — HOW TO GET STRONGER

Doing the same weight for the same reps forever is why most people stop seeing results. Progress needs to be tracked and deliberate. Use these methods, in this order of priority.

1

Add reps first (double progression)

Work within a rep range, e.g. 8-12. Add a rep each week before adding weight, once you hit the top of the range for all sets, increase the load.

2

Add weight

Once reps are maxed out, add a small amount of weight and drop back to the bottom of your rep range. Repeat the cycle.

3

Add sets

Increase total volume gradually across a training block — e.g. 3 sets in week 1, building to 4-5 sets by week 4.

4

Improve technique and range of motion

Better control and a fuller range at the same weight is genuinely harder and drives more progress than people realise.

5

Manipulate tempo

A slower 3-4 second lowering phase increases time under tension without touching the weight on the bar.

EXAMPLE: 4-WEEK CLOSE-GRIP BENCH PRESS PROGRESSION

Week	Target
1	3 × 8 @ moderate working weight
2	3 × 9 @ same weight
3	3 × 10 @ same weight
4	Add weight, reset to 3 × 8, repeat cycle

DO

- ✓ Prioritise triceps over biceps if you're short on time, triceps make up more of your arm size.
- ✓ Use full range of motion. Half reps on curls are one of the most common wasted-effort mistakes.
- ✓ Progress load steadily rather than chasing a pump every session.

DON'T

- ✗ Don't spend 45 minutes only doing curls. Arms grow from overall training volume, not isolation obsession.
- ✗ Don't swing the weight to lift heavier, this removes tension from the muscle entirely.
- ✗ Don't neglect triceps in favour of biceps. Most dads do this and wonder why arms don't grow.

WANT THE FULL SYSTEM, NOT JUST ONE PIECE?

This guide is one piece of the puzzle. The Fit Dad Challenge brings training, nutrition and mindset together into one 6-week programme built around a dad's actual life.

[Join the Fit Dad Challenge — £99](#)