

Sure, here's a basic arm-strengthening exercise plan that you can follow: **Day 1: Biceps and Forearms**

- Overhead Dumbbell Tricep Extension**: – 3 sets of 10–12 reps – Hold a dumbbell with both hands overhead and lower it behind your head, then extend your arms back up.
- Tricep Kickbacks**: – 3 sets of 10–12 reps – Hold a dumbbell in each hand, hinge at the hips, and extend your arms back, focusing on squeezing the triceps at the top.
- Reverse Curls**: – 3 sets of 10–12 reps – Grip the dumbbells with an overhand grip (palms facing down) and curl them up, focusing on the forearm muscles.
- Barbell Bicep Curls**: – 3 sets of 10–12 reps – Use a barbell with an underhand grip (palms facing up) and curl it up toward your shoulders.
- Dumbbell Bicep Curls**: – 3 sets of 10–12 reps – Start with a weight that challenges you but allows you to maintain proper form. – Focus on proper form and controlled movements throughout each exercise.

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