

Dumbbell Arm Workout record

Session A: curl 2 x 8-12 each side; kickback 2 x 10-15 each side.

Rest 60-90 sec after both sides; take longer when needed.

Session B replaces A: hammer curl 2 x 8-12; same suitable triceps option.

Curl grip and triceps setup

Separate curl and triceps loads with units

Left-side repetitions by movement and set

Right-side repetitions by movement and set

Rest after both sides

Other rows and presses this week

Technique and session response

Next session and unresolved questions

Editorial examples, not personal clearance or a rehabilitation prescription.

Use familiar comfortable movements and compatible equipment. Stop for sharp or worsening pain.

Keep unknown setup details visible; do not force a load or attachment to complete the table.