

12-WEEK FOREARM WORKOUT ROUTINE TO BUILD JACKED LOWER ARMS

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The forearms are crucial muscles of the arms that work during various movements, from pulling the weight down to pressing the bar up.

Like other muscle groups, you also need to perform specific exercises to isolate forearms and build strength and mass.

Forearm training is crucial for bodybuilders and strength athletes not only for aesthetics but also for functional strength and gripping ability.

Sturdy forearms will help you lift more weight, reduce the chances of wrist injuries, and [improve the definition of overall arms](#).

In this article, I've shared an ultimate 12-week forearm workout routine to build jacked, muscular, and defined forearms.

If you're looking for an easy-to-follow and effective workout program, this can be helpful.

This forearm workout plan is inspired by popular and revered bodybuilders like Lee Pries, Frank Mcgrath, Phil Heath, and Chuck Sipes, who have the best forearms in the history of bodybuilding.

It will be a 12-week workout that involves training forearms once a week. I've also attached a PDF of this forearm workout routine so you can download and use it offline.

SCHEDULE:

- Week 1 to 3 – Lee Priest Forearm Workout
- Week 4 to 6 – Frank McGrath Forearm Workout
- Week 7 to 9 – Phil Heath Forearms Workout
- Week 10 to 12 – Chuck Sipes Forearm Workout

Note: This routine is not identical to Lee Priest and other bodybuilders’ forearms workout training. It is only inspired by their workouts. I’ve made the necessary changes based on my knowledge and experience. You can pair this forearm workout routine with your bodybuilding training program to build sturdy and jacked lower arms.

Week 1 to 3 – Lee Priest Forearm Workout

Lee Priest is an Australian former professional bodybuilder known for his exceptional and symmetrical physique. He began training in his teenage years and competed in various bodybuilding competitions, including Mr. Olympia.

Lee is also known for his huge and chiseled forearms. Here are some of his forearm training philosophies:

- He equally trains the biceps, triceps, and forearms to build huge arms.
- Lee used to perform high-volume training that involved numerous reps and sets. He says the best way to bolster forearms is through high-rep sets, usually including **at least 25 reps to up to 100 reps per set.**
- **Priest trained his forearms after the [back workout](#)** because the forearms are pre-exhausted after performing rowing and pulldown exercises, and he believes hitting the pre-exhaust lower arms results in more activation and better results in the long run.
- Lee Priest suggests including a variety of exercises to hit the forearm muscles. His workout includes EZ bar reverse curls, alternating hammer curls, barbell wrist curls, and dumbbell wrist curls.

Week 1

Exercise	Sets	Reps
Wrist Roller	3	–
Barbell Wrist Curl	3	20-25
Sledge Hammer Curl	3	20-25
Neutral Grip Wrist Curl	3	20-25

Week 2

Exercise	Sets	Reps
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Cambered-Bar Reverse Curl	3	25-30
Cable Hammer Curl	3	10-15
Dumbbell Wrist Curl	3	25-30
Wrist Extension	3	25-30

Week 3

Exercise	Sets	Reps
Wrist Roller	3	–
Barbell Wrist Extension	3	20-25
Cable Hammer Curl	3	15-20
Dumbbell Wrist Curl	3	25-35

Week 4 to 6 – Frank McGrath Forearm Workout

Frank McGrath is popular Canadian bodybuilder (44), known for his stunning physique, including his jacked forearms.

He competed in several professional bodybuilding competitions, including the prestigious Mr. Olympia.

Frank trained his biceps twice a week, a day heavy with triceps and a day light with forearms.

Here are his forearm and biceps workout routines (redesigned).

Week 4

Exercise	Sets	Reps
EZ Bar Biceps Curl	3	10-15
One-Arm Preacher DB Curls (on incline bench)	3	15-arm
Cable Hammer Curl (with rope)	3	10-15
Behind the Back Barbell Wrist Curl	3	10-15
Dumbbell Wrist Curl	3	10-15
Reverse Cable Curl	3	10-15
Wrist Roller	3	–

Week 5

Exercise	Sets	Reps
EZ Bar Biceps Curl	3	10-15
Alternate DB Curl	3	15-arm
Straight Bar Cable Preacher Curl	3	10-15
Cannon Curl	3	10-15

Barbell Wrist Curl	3	10-15
Barbell Wrist Extension	3	10-15
Hammer DB Grip Wrist Curl	3	10-15

Week 6

Exercise	Sets	Reps
Preacher Curl	3	12-15
One-arm Seated Curl on Machine	2	15-arm
Alternating Dumbbell Curl	2	10-15
Straight Bar Cable Biceps Curl	3	10-15
Behind the Back Barbell Wrist Curl	3	10-15
Dumbbell Wrist Curl	3	10-15
Reverse Cable Curl	3	10-15
Wrist Roller	2	–

Week 7 to 9 – Phil Heath Forearms Workout

Seven times Mr. Olympia (2011-2017) Phil Heath is a retired professional bodybuilder revered for his muscular, defined, and sizeable physique. He also had one of the brawny forearms in the history of bodybuilding.

Here is the forearm workout inspired by Phil Heath:

Week 7

Exercise	Sets	Reps
Standing Barbell Wrist Extension	3	12-15
Alternate DB Reverse Wrist Curl	3	15-arm
Barbell Wrist Curl	3	15-20
Behind the Back Barbell Wrist Curl	3	15-20
Wrist Roller	3	–

Week 8

Exercise	Sets	Reps
Hammer Curl	3	15-20
Standing Barbell Wrist Extension	3	15-20
Behind the Back Barbell Wrist Curl	3	15-20
Hammer Grip Wrist Curl	3	15-20
Farmers Walk	3	15 steps

Week 9

Exercise	Sets	Reps
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Reverse Grip EZ Bar Curl	3	15-20
Behind the Back Barbell Wrist Curl	3	15-20
Dumbbell Wrist Extension	3	15-20
Wrist Roller	3	–

Week 10 to 12 – Chuck Sipes Forearm Workout

Chuck Sipes was an American bodybuilder and powerlifter. His well-shaped and muscular physique helped him win several bodybuilding titles during his career, including Mr. America, Mr. Universe, and Mr. World.

He was not only known for his bodybuilding achievements but also for his impressive forearm development.

Here are some exercises you can perform in the last quarter of 12-week forearm workout routine that can help you enhance your size and shape.

Week 10

Exercise	Sets	Reps
Reverse EZ Bar Curl	3	12-15
Barbell Wrist Curl	3	12-15
Dumbbell Wrist Curl	3	15-arm
DB Two-Way Hanging Forearm Curl	3	15-20
Squeeze Rubber Ball	3	15-20

Week 11

Exercise	Sets	Reps
Reverse EZ Bar Curl	3	12-15
Barbell Wrist Extension	3	12-15
Kettlebell Wrist Curl	3	15-arm
Neutral Grip Wrist Curl	3	15-20
Wrist Roller	3	–

Week 12

Exercise	Sets	Reps
Reverse Straight Bar Curl	3	20-30
Behind The Back Barbell Wrist Curl	3	20-30
Barbell Neutral Grip Curl	3/arm	15-arm
Plate Pinches	3/arm	15-30 sec

FAQs About Forearm Workout

How Often Should You Train Your Forearms?

You can train your forearms once a week if you exercise two to three times and twice a week if you train four to six times weekly. Training two times weekly can help you build burly forearms.

Should You Need to Train Forearms Specifically?

Forearm muscles are usually engaged during various upper body exercises, especially during the pull movements. However, if you want to build brawny lower arms and improve the appearance of your arms, you should hit your forearms at least once a week with isolation exercises, such as wrist curl, wrist extension, ulnar radial deviation, and wrist roller.

On Which Day Should You Train Your Forearms?

You can pair your forearm workout with any muscle group, such as the biceps, back, shoulder, and chest, but always aim for 100 repetitions to strike your radius ulna.

How Long Does It Take to Build Huge Forearms?

Some people have naturally gifted muscles because of their genes. So, expecting to achieve identical forearms like them may not be possible. However, after consistent training and proper diet, you'll start seeing growth in your forearms. The leaner you are, the quicker results you'll see.

Recommended Macros for Muscle Building

Diet plays an essential role in repairing and healing muscles and increasing muscle growth.

Your diet must include key nutrients, such as protein (highly important), carbs, fats, and fiber.

For your information, one gram of protein and carb has 4 calories, while 1 gram of fat contains 9 calories.

You should take the following amount of nutrients according to an article published by the National Institute of Health:²

- **Protein** – You need to consume sufficient protein 1.6–2.2 g/kg/day with optimal amounts of 0.40–0.55 g/kg per meal and distributed evenly throughout the day (3–6 meals), including within 1–2 hours pre and post-training.
- **Fats** – You can take fats in moderate amounts, like 0.5–1.5 g/kg/day.
- **Carbohydrates:** You can consume sufficient amounts of carbs, such as 3–5 g/kg/day, to support energy demands from resistance exercise.

Other than the above nutrients, Creatine monohydrate (3–5 g/day), caffeine (5–6 mg/kg), beta-alanine (3–5 g/day), and citrulline malate (8 g/day) might yield ergogenic effects that can be beneficial for bodybuilders – study suggested.

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 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.

5. 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.

6. 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)
4. [Bulk Extreme](#) (Supplement)
5. [Mass Extreme](#) (Supplement)

Related Workout Programs:

- [Free 12-Week Ab Workout Plan to Forge Six-Pack Abs](#)
- [12-Week Glute Program to Transform Your Booty](#)
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