

HANY RAMBOD -
EVOGEN CEO &
25X OLYMPIA
WINNING COACH

DEREK LUNSFORD -
2023 MR. OLYMPIA



FST-7 ARMS

BICEPS & TRICEPS

Exercise	Sets	Reps
Seated Dumbbell Curls	7	10-12
Incline Dumbbell Curls	3	8-10
Machine Preacher Curls	3	8-10
Straight-Bar Spider Curls	7	10-12
Reverse Grip Cable Extension	3	10-12
Close-Grip Bench Press	3	8-10
Laying Overhead Extension	3	8-10
Rope Push Down	7	8-12

*Rest 30-45 seconds between sets.*Add five partial reps on your last set.

RECOMMENDED STACK

EVP XTREME AQ RTD + ISOJECT WHEY PROTEIN ISOLATE



ENERGY
& FOCUS

PUMP

10_G

GYCEROL

25_G

PROTEIN

RECOVERY

ABSORPTION