

The 60-Minute Arm Day Blueprint

BUILT FOR BUSY TECH PROFESSIONALS

PEAK PHYSIQUE ENGINEER

You do not need two hours to build serious arms. You need the right stimulus, applied with progressive overload, in focused time.

This is the exact 60-minute arm protocol used by **PEAK Physique clients working 50+ hour weeks**. Three antagonist supersets, one metabolic finisher — in and out in under an hour.

How To Use It

- Rest **60–90 seconds** between supersets, not between paired exercises
- Add weight when you hit the **top of the rep range** with strict form
- **Track every set**

60

Minutes Total

In and out, no wasted time

3

Antagonist Supersets

Biceps vs. triceps, every block

1

Metabolic Finisher

21s barbell curl to finish strong

50+

Hour Work Weeks

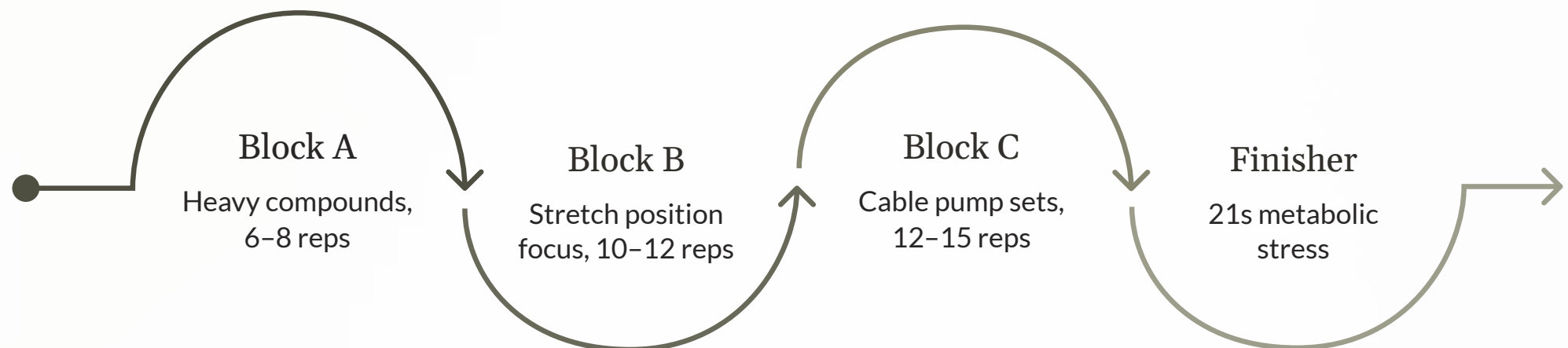
Designed for busy professionals

The Full Workout

SPREADSHEET VIEW

~55 MINUTES TOTAL

Block	Exercise	Sets	Reps	Rest	Target
Warm-Up	Cardio, band pull-aparts, activation curls & extensions	—	5 min	—	Prime CNS
A1	Close-Grip Bench Press	4	6-8	90s	Triceps mass
A2	Weighted Chin-Ups	4	6-8	90s	Biceps mass
B1	Incline Dumbbell Curl	3	10-12	75s	Biceps stretch
B2	Overhead Tricep Extension	3	10-12	75s	Triceps stretch
C1	Cable Hammer Curl (rope)	3	12-15	60s	Brachialis, forearm
C2	Cable Tricep Pushdown	3	12-15	60s	Triceps pump
Finisher	21s Barbell Curl (7 bottom / 7 top / 7 full)	2	21	90s	Metabolic stress
Cooldown	Biceps, triceps, wrist stretches	—	3-5 min	—	Recovery



Each block shifts the stimulus — from maximal strength in Block A, to stretch-mediated hypertrophy in Block B, to metabolic pump in Block C. The finisher seals the session with peak metabolic stress.

The Fit Engineer Pro-Tip

Heavy compounds drive mass. Lengthened-position work drives stretch-mediated hypertrophy. The finisher compounds metabolic stress. Everything else is noise.

Rule 1 — Track Every Set

If you are not tracking, your progress is a guess. Log weight, reps, and feel after every working set.

Rule 2 — Add Weight Progressively

When reps hit the top of the prescribed range with strict form, add weight next session. That is the whole game.

Rule 3 — Respect the Rest Periods

Phones down. Rest periods are programmed for a reason. They govern intensity and recovery between supersets.

- ⓘ This protocol is built on three mechanisms: **mechanical tension** (heavy compounds), **stretch-mediated hypertrophy** (incline curl + overhead extension), and **metabolic stress** (cables + 21s finisher). Hit all three every session.

Want The Full System?

This is **one workout**. The full blueprint is programming, nutrition, and accountability built entirely around your schedule as a busy professional.

PEAK Physique coaching with Sean the Fit Engineer gives you:

→ Custom Programming

Periodized training built around your hours, equipment, and goals

→ Nutrition Strategy

Flexible protocols that fit a demanding work schedule — no meal prep obsession required

→ Direct Accountability

Weekly check-ins, form reviews, and real-time adjustments from Sean

[Apply for Coaching with Sean](#)

[Learn More](#)

Who This Is For

- Tech professionals working **50+ hour weeks**
- Engineers, PMs, and founders who want **real results** without sacrificing performance at work
- Anyone tired of programs that assume you have **2 hours a day** and zero stress

✔ Spots are limited. Coaching cohorts open quarterly. Apply early to secure your place.