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JohnTravolta3242 - January 23, 2015, 8:37 pm

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UNDERWIRE - *January 23, 2015, 9:25 pm*

You really can't thicken up your wrists. The bones might grow very slightly as you age, but there's no real muscle around your wrist. The tendons can thicken up and make it just a bit bigger, but don't expect much of a change. It's actually a good way to guesstimate bodyfat since you only store fat there.

Anyway, if you can get some kind of rack, try strong lifts 5x5.

Wrist - January 23, 2015, 10:13 pm

<http://www.muscleandstrength.com/workouts/24-doug---s-5-day-high-definition-routine.html>

Jester Race - January 23, 2015, 10:53 pm

(Jan 23, 2015 11:13 PM)Lol-Accounts Wrote: [\[CITE\]](#)

<http://www.muscleandstrength.com/workouts/24-doug---s-5-day-high-definition-routine.html>

Why is it that people with no experience keep giving bad advice?

808Boosting - January 24, 2015, 1:34 am

(Jan 23, 2015 09:37 PM)Palindrome 272 Wrote: [\[CITE\]](#) I have no idea how to properly organise my workout routine and the exercises to do. The stuff I have accessible to me are: Bench press, Treadmill, and some weights. With this stuff I wanna work on my upper arm strength, my legs, abs, and thicken my wrists. Can somebody help me make a weekly schedule? because I'm afraid if I don't get off my ass and start working out I will be dead in a ditch.

I'll write a workout for you!

Day 1: Legs

3 x 5 Squats

3 x 6 Deadlifts

3 x 12 Legpress

4 x 8 Lounges

3 x 10 Calf-raises

3 x 8 Leg curls

Day 2: Chest/Triceps

3 x 6 Bench Press

3 x 8 Inclined Bench / Dumbbells

4 x 10 Dips

3 x 8 1 arm Flat bench dumb bell press

4 x 10 Triceps pull downs/extensions

Day 3: Back/Bicep

3 x 6 Lat pull downs
3 x 8 Rows
3 x 10 Pull ups
3 x 10 1 arm Flat bench dumbbell rows
3 x 6 barbell curls
3 x 10 dumbbell curls

Day 4: abs

5 x 10 Leg raises
3 x 10 toe touch situps with legs in the air
3 x 45 seconds Russian twist
5 x 45 sec Flutter kicks
3 x 10 Hanging knee raises/leg raises
4 x 10 Superman (Laying face down, raise arms and legs with 3 second hold)
3 x 10 crunches/situps

Also, if you don't have enough weight to do the heavy sets of 5, just think of ways to engage the muscle more like holding it in position before finishing the rep. You can also go very slow like 5 seconds down/ 10 seconds down and 5 seconds up/10 seconds up. The more you focus on using the muscle, the better your results will be.