

POLIQUIN HUGE ARMS CLUB

MONTH 1

Double Tri-Set Routines

This one could also be the pre/post exhaustion training routine from hell. I was first exposed to the concept of « doublés » by former Canadian National Weightlifting Coach Pierre Roy, who produced a host of weightlifting champions including Olympic silver medalist Jacques Demers. Double is a French word which means to do it twice. Pierre originated the concept by having his athletes do the same lift twice in a workout if he wanted rapid improvement in that particular lift. So for example if one of his olympic lifters need more leg strength, he would have him squat at the beginning of the workout and the end of it. Recently I came across a strength training book by French strength physiologist Commetti who extolled in one chapter the virtues of doublés for hypertrophy building purposes. So I decided to apply this training principle to arm training. Many of my reported unbelievable muscle soreness, leading to arm growth, after first doing this type of arm training.

Part 1 (Triceps)

1. Lying EZ Bar Triceps Extensions to forehead 6-8 R.M. on a 311 tempo
2. no rest move to:
3. Close Grip Bench Presses. 4-6 R.M. on a 311 tempo
4. no rest move to:
5. Lying EZ Bar Triceps Extensions to forehead 4-6 R.M. on a 311 tempo
6. Rest for 2 minutes
7. Repeat steps 1 to 6 twice, you probably will have to drop the weight 5-10 lbs every new Double Tri- Set

Note: This second part of the routine will give your brachialis muscle a good trashing.

Part 2 (Elbow flexors)

1. Standing Close Reverse Grip EZ bar Curls 4-6 R.M. on a 501 tempo
2. no rest move to:
3. Seated Zottman Curls. 4-6 R.M. on a 402 tempo
4. no rest move to:
5. Standing Close Reverse Grip EZ bar Curls 3-5 R.M. on a 501 tempo
6. Rest for 2 minutes
7. Repeat steps 1 to 6 twice, you probably will have to drop the weight 5 lbs every new Double Tri- Set

Note: This second part of the routine will give your brachialis muscle a good trashing. Because this muscle lies under the biceps and therefore cannot be easily seen, very few bodybuilders ever pay any direct attention (Alway et al. 1989) That is why many of my bodybuilder clients report large size increases when they start isolating it.

OVERLOADING TIPS

One of the secret to making rapid increases in strength and mass, is to **coax**, not force the muscles into new growth. Whenever you reach the upper mark in the given bracket (i.e. 6 reps in the case of 4-6 R.M. bracket), increase the load 1-3%. Anyone who has been training for a long time eventually reaches a point of diminishing returns, making it difficult to produce even a 5-pound increase in a particular exercise. Given the standard weights increases given by commercial gym dumbbells and barbells, it is hard to achieve such a small increase. Most gyms don't carry ANY small disks, but you can buy Eleiko Olympic disks of 0.5 kilograms and 0.25 kilograms from Sports Strength (1-800-285-9634). For dumbbells I strongly suggest that you buy Plate Mates. They're magnetized weights that fit on the end of a bar. They are sold in 1 7/8, 1 1/4 pound weights and 5/8 pound weights. They're a great thing to have anyhow, as they also attach to dumbbells for making intermediate jumps in weight. I recommend you buy the donut-shaped ones, as they also fit on hexagon dumbbells. Their number is 1-800-877-3322. Imagine if you could increase the weight for reps by half a pound a week--that would represent a 26-lb gain a year from now! Gets you psyched, eh?

HOW TO DO THE EXERCISES CORRECTLY

Lying EZ Bar Triceps Extensions to forehead

Even though there are different bar pathways recommend for the lying Triceps Extensions i.e. bringing the bar to the bridge of the nose, some to the hairline, to the forehead (a.k.a Skull Crushers) etc.. All this discussion about which is best is futile, since you will adapt to a particular groove in a matter of a few workouts, so in my opinion one should vary the bar pathway about every 6 workouts or so. For this first cycle I want you to lower the bar to the top of your forehead.

Be sure to keep your wrists in a neutral position to prevent any future elbow problems.

Close Grip Bench Pressing

From a prone position lying on a bench, the barbell is lifted off the rack and held at arms length. The bar is brought to the lower portion of the sternum, and the elbows extend just short of lock out during the pressing movement. .

The name for the exercise itself is a misnomer, since I prefer that most individuals use a 14 inch grip. I do not believe in the very narrow grip (4 to 6 inches) that you see all the around the country as it creates enormous strain on the wrists and elbows.

Go to 95 % of lock-out so that the tension stays on the triceps. Locking out the elbows will take away the precious muscle building tension out of your triceps.

As soon as the bar is 4 to 6 inches above the chest, one should concentrate on pushing the bar back towards the uprights and move the elbows under the bar to have a more effective biomechanical advantage.

Of course, besides the obvious safety reasons, I suggest having a partner help you for the unracking and racking of the barbell to insure the longevity of your rotator cuff muscles.

Paused Standing EZ-Bar Reverse Curls

Use an overhand (semi-pronated grip) on a EZ curl bar. Once the bar is gripped, your little fingers should be lower than your thumbs. Most brands of EZ-Curl bars will have you use a shoulder width grip. You may choose to use the narrower grip provided by some bars. The width of your grip will not affect much the brachialis development as much as it will change the percentage of contribution of the two different heads of the biceps..The 2-second pause is performed at 30° of elbow flexion; that is, the bar is stopped for a full 2 seconds before completing the concentric range. This change in technique increases the involvement of the brachialis as it involved in keeping the elbow flexed under tension (Clemente, 1981). Also, don't swing the bar or flare the elbows outwards to complete the range of motion--if you must do this to perform the exercise, the weight is too heavy.

Using a pronated grip in curls reduces the effectiveness of line of pull the biceps brachii muscles which increases the overload on the brachialis and brachio-radialis muscles.

Curl the bar up until the top of the forearms make contact with the biceps. To maximize isolation have your shoulder blades supported by a Swiss Ball, the diameter of the ball being of little importance. This will ensure isolation without putting stress on your lower back or shortening the range of motion like have your back against a wall would.

To respect the variety principle, you may want to use a narrow grip on the EZ bar (At our gym in Colorado Springs, we use 3 different Ez bars for that very purpose)

Seated Zottmann Curls

In my opinion it is one the best exercise to thicken the upper arms. as the Zottman Curls thoroughly stress all the elbow flexors. It may actually take a few workouts to become comfortable with the movement. To begin, grasp two dumbbells, and sit at the edge of a

flat bench. Have your palms facing forward and fully extend your arms downward. To prevent recruitment of the forearm flexors, curl the dumbbells with your palms up and your wrists extended down. Once you reach the top, pronate your forearms. That is, rotate your hands so your palms face down, and straighten the wrists, so that in effect, you're about to be ready to do the eccentric portion of a reverse dumbbell curl. Keeping your wrists in a neutral position, slowly lower the dumbbells. Throughout the entire exercise, keep your elbows glued to your sides. If your elbows tend to flare out, that means your brachialis muscles are weak in relation to your biceps brachii, so lower the load on the dumbbells so the eccentric portion is performed correctly, that is, keeping the upper arms close to the trunk.

References

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- Clemente, C.D. *Anatomy, A Regional Atlas of the Human Body*, Second Edition, Baltimore, Urban & Schwarzenberg Pub Co. pp 33-75, 1981