

## Month 3

For the 3 digit tempo code, the first number is time spent eccentrically lowering, the 2<sup>nd</sup> number is the time spent at the end of the eccentric range of motion, and the third is the time spent executing the concentric action. There is no number here to tell you how long to spend in the contracted end range of motion.

Here is a sample Uni-angular Tri-set routine for the biceps

1. Dumbbell Scott Curls 6-8 reps on a 301 tempo,
2. 0 rest move to 3.
3. Barbell Scott Curls 6-8 reps on a 301 tempo,
4. 0 rest move to 5.
5. Low Pulley Scott Curls 6-8 reps on a 301 tempo,
6. Rest 2 minutes
7. Repeat steps 1 to 6 twice more.

### Trisets

#### Routine One (Brachialis Specialization)

1. Standing Close Reverse Grip EZ bar Curls 5-7 R.M. on a 321 tempo
2. rest 10 seconds
3. Standing Mid Reverse Grip EZ Bar Curls Curls. 5-7 R.M. on a 302 tempo
4. rest 10 seconds
5. Incline Hammer Curls 5-7 R.M. on a 202 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 Uniangular Tri- Set

#### Routine Two (Brachioradialis Specialization)

1. Seated Hammer Curls 4-6 R.M. on a 301 tempo
2. rest 10 seconds
3. Scott Hammer Dumbbell Curls. 6-8 R.M. on a 301 tempo
4. rest 10 seconds
5. Low Pulley Rope Curls 12-15 R.M. on a 201 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 Uniangular Tri- Set

#### Routine Three (Biceps Short-Head Specialization)

1. One Arm Scott Dumbbell Curls 4-6 R.M. on a 311 tempo (pause taken in bottom position)
2. rest 10 seconds

3. One Arm Scott Low Pulley Curls. 4-6 R.M. on a 501 tempo
4. rest 10 seconds
5. One Arm Eccentric Dumbbell Curls 2-4 R.M. on a 801 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 Uniangular Tri- Set

Routine Four (Biceps Long-Head Specialization)

1. Incline Dumbbell Curls 30 degree Angle 6-8 R.M. on a 301 tempo )
2. rest 10 seconds
3. Incline Dumbbell Curls 60 degree Angle 6-8 R.M. on a 201 tempo
4. rest 10 seconds
5. Standing Cable Curls 12-15 R.M. on a 201 tempo
6. Rest for 2 minutes
7. Repeat steps 1 to 6 twice

Note: Because of the higher reps in this tri-set, the type IIa fibers would get a very good trashing.