Phase 2: Intensification 1
Maximal Weights Method
workouts 5-8

WHY USE MAXIMAL WEIGHTS?

 Most bodybuilders stick religiously to a 6 to 12-rep range when training arms. In most cases, 6 to 12 reps is the best rep-range for building up the arms, but like anything else, it only works for a while. I'm utterly convinced that one of the reasons bodybuilders fail to achieve their growth potential is that they're simply too weak for their cross-sectional muscle area.

When you look at a hypertrophied thigh of a weight lifter or power lifter, it's most often a case of "What you see is what you get." Yet, in many bodybuilders--particularly in those that use massive doses of anabolics and growth hormone--their size rarely reflects their strength.

Believe it or not, I've seen at least 3 Mr. Olympia contestants that couldn't even bench press 315 pounds for six reps, and that was in the off-season, when they're supposed to be their biggest and strongest. One of them even asked me to open up a peanut butter jar for them. Okay, I'm kidding again about the peanut butter jar, but my point is, there are plenty of strongman contest competitors with
massive arms who are every bit as strong as they look. The first bodybuilders were strongmen such as Eugene Sandow, who has become the inspiration for the Mr. Olympia trophy.

What's the difference? Drugs, you may ask? No. A large number of strength athletes also use anabolics, but the main difference is in their choice of training methods. As a general rule of thumb, strongman competitors train using few exercises, done for multiple set of low reps with long rest intervals in-between sets.

I recently used one of these IFBB pros a guinea pig to test my theory. Milos Sarcev, a very popular and widely-known professional bodybuilder was in the midst of serious muscle plateau. When I convinced him to start using heavier loads in his workouts, his physique skyrocketed. As a result, he was narrowly edged out of first place a the prestigious Night of the Champions competition. Maybe he took solace in the fact that he knew he could easily beat the winner in an arm-wrestling contest.

Workouts 5-8

This method requires that you start off with a weight that you can handle comfortably for 6 sets of 2 reps. Depending on how neurologically efficient you are, the weight will be anywhere from 80 to 87% of your 1-rep maximum. The goal is to be able to eventually use the same weight to do 6 sets of *4* reps. Why is it called the "Patient Lifter's" method.Because you don't get to increase the load until you can do all 6 sets for 4 reps, using a weight that you could initially only do for 6 sets of 2 reps. You'll either get stronger or bore yourself to death by using the same weight over and over. ? In the Soviet Union, they would call the law of repeated efforts

Don't worry, though. You'll get stronger quickly and graduate to a higher weight. The system works by the law of repeated efforts. You'll force the nervous system to accept the new load as being "normal". Be sure to take at least 4-5 minutes in-between sets, though, to allow full recovery of the nervous system. However, you can still pair exercises for the agonist and antagonists together during the 4-5 minute resting period to maximize the return on your training time. In other words, if you do a set of 2 (or 4) reps for biceps, you can do a set of 2 (or 4) reps for triceps while you're waiting for the 4-5 minutes to tick away.

Here's the routine for workouts 5 through 8:

Order	Exercise	Sets	Reps	Tempo	Rest Interval
A-1	Scott Close-Grip BB Curls	6	2-4	501	120 seconds
A-2	Parallel Bar Dips	6	2-4	501	120 seconds
B-1	Seated Hammer Curls	6	2-4	501	120 seconds
B-2	Seated half press in rack	6	2-4	221	120 seconds

A-1. Scott Close-Grip Barbell Curls

Sit on the Scott (a.k.a. preacher bench). Grasp the barbell with a supinated grip with the little fingers being between four to six inches apart. The arms are outstretched so that the forearms extensors and triceps are in contact with the angled padded surface. Start the movement by bending the elbows and curling the barbell towards the deltoids until the point where the elbows flexors are just about to lose tension. Then reverse the movement and lower the bar slowly for a count of 5 seconds. Make sure that the elbow flexors are fully stretched in the bottom position.

A-2. Parallel dips

In my opinion, this is the king of triceps builders. Yet like the ever demanding squats and chins, it rarely makes the Men's Fitness pulley artist type of routines.

To start the exercise, grasp the handles and boost yourself until your are stabilized at arm's length over the handles, then lower your body as far possible in between the bars. During the eccentric portion of this exercise, lower your body until your biceps make contact with your forearms--your triceps must get fully stretched. Once you reach bottom position, press yourself back up by extending the elbows, try to stay as upright as possible throughout the range of motion. If you lean lean too far forward, it will increase the recruitment of the pectoralis muscle.

If you can't do lower yourself under control until the biceps make contact with the forearms, go back to collecting stamps, or perform the decline close-grip bench press until your arm strength is sufficient. Incomplete range in the triceps dips is a complete waste of time. And please do not go for the El Geeko version where you put your feet on a bench in front of you and your hands behind you. This exercise, along Smith Machine Pressing Exercises, is one of the major causes of shoulder impingements syndromes in the bodybuilding community.

At first your bodyweight will probably suffice as the mean of resistance. As you get stronger, you can progressively increase the resistance by holding a dumbbell between your legs or hooking a plate or dumbbell in the specialized chin/dip belt. The best chin/dip belts being the better alternative. There is a lot of models out there on the market, but I prefer the ones that are standard leather lifting belts with hooks sowed into the belt.

If you have access to the better V-shaped dipping bar, use as narrow a grip as possible, without of course compromising shoulder integrity..

And please, do not cheat yourself by doing chopped reps by not going all the way down and by coming up only three quarters of the

way. But the same token, your elbows should extend only to 98% of elbow extension to maintain maximal tension on the triceps.

B-1 Seated Hammer Curls

The hammer curls are done with in a semi-supinated grip; like if you were holding a paid of hammers. It offers the advantage of shifting the overload in elbow flexion to the brachioradialis and the brachialis at the expense of the biceps brachii.
To minimize cheating, try resting your upper back against the chest rest pad of the Scott bench. Be sure to keep your lower back locked into place. For that purpose, I prefer to use the Atlantis bench xxx, the foot rest allow to lock your lower back into position.

B-2 Seated Half Press in Power Rack

What is a shoulder exercise doing in this list? is probably the question you are asking yourself now.

This exercise is a favorite of powerlifting coach extraordinaire Louie Simmons. This exercise is xcellent for packing meat on the lateral head of triceps which is dormant in most people.When this head is fully developed it will improve the symmetrical X look. and will make you look wider. Set the pins so that they are at you hairline level. The elbows should be pointing outward. The bar is pressed upward from this position. Again, I would recommend the Atlantis bench xxx, to make the exercise more safe and effective.

I have found that using dead stops ranging from 2 to 4 seconds in the bottom position to be most effective with this exercise. A recommended tempo for this exercise would be 2210 or 3210 depending on your arm length. In this manner, you will develop the ability to overcome inertia.

The muscular physique should indicate power. When people come upon a muscular individual, they often think "How strong is this person".This routine will allow to fit the motto " what you see is what you get".