

## **Phase 3: Accumulation 2**

### **Uni-Angular Tri Sets**

#### **workouts 9-12**

I learned of this training method from reading the writings of the late bodybuilding author Don Ross. Don was quite keen on developing training methods which jolted your muscles into new growth. He was the ultimate plateau buster. The physiology that he used at the time to back up the system left somewhat to be desired, nonetheless, the programs he advocated worked, and well for that matter.

Many top bodybuilders known for their monstrous arm development such as Larry Scott and Ehrling Walgren were staunch advocates of this hypertrophy building method. My colleague Greg Zulak is also a firm believer on this method to promote size increases. The tri-sets simply because they allow one to tap into a wider pool of motor units and by extending the time under tension that these fibers are exposed too.

Using modern exercise physiology findings, I have taken the liberty to improve on it. It involves the performance of three different exercises in a tri-set format, where there is only a 10 seconds rest between the exercises until all three exercises are done. That short 10 seconds rest interval makes a world of difference, as it allows one to use significantly greater loads than if no rest is taken. Thus, allowing one to impose greater tension on the muscles. Hypertrophy comes from the product of load times the time under tension. If you move from one exercise directly to the other, the loads decrease so much that you don't achieve an optimal product.

Two minute rest intervals are normally taken between Uni-angular Tri-sets. One should expect to drop loads about 10% with each succeeding Uni-angular Tri-sets. Individuals with a high-fast twitch make-up may choose to extend the rest interval to three minutes.

#### Part I Triceps

1. Flat Dumbbell Triceps Extensions 6-8 R.M. on a 301 tempo )
2. rest 10 seconds
3. Lying Triceps Extensions to Bridge of Nose 6-8 R.M. on a 201 tempo

4. rest 10 seconds
5. Lying Triceps Extensions to Chin 12-15 R.M. on a 201 tempo
6. Rest for 2 minutes
7. Repeat steps 1 to 6 twice

## Part II (Brachialis Specialization)

8. Standing Narrow Reverse Grip EZ bar Curls 5-7 R.M. on a 321 tempo
9. rest 10 seconds
10. Standing Mid Reverse Grip EZ Bar Curls Curls. 5-7 R.M. on a 302 tempo
11. rest 10 seconds
12. Midline Hammer Curls 5-7 R.M. on a 202 tempo
13. Rest for 2 minutes
14. Repeat steps 8 to 13 twice, you probably will have to drop the weight 5 lbs every new Uniangular Tri- Set

## **How to Perform the Exercises Correctly**

### **Flat Dumbbell Triceps Extensions**

Lie on a supine on a flat bench.. Press the dumbbells upwards in a bench press fashion. You are now ready to start the exercise. Use a semi-supinated grip so that the palms are facing each other. Holding the elbows stationary, lower the dumbbells down until the forearms make contact with the biceps at the bottom point of the eccentric motion, At this point the dumbbell plates will probably make contact with your shoulders. Then lift the dumbbells back up to the starting position by extending the elbows The elbows should be the only active joints during this exercise.

### **Lying Triceps Extensions to Bridge of Nose**

While staying in the lying position, reach back and grasp a pre-loaded EZ bar and bench press it overhead. You are now ready to start the exercise. Lower the EZ bar to the bridge of nose. Don't get overly

concerned about wanting the tips of the elbows as close as possible, as it creates a lot of strain on the supportive structures of the elbow.

### **Lying Triceps Extensions to Chin**

In this variation, lower the bar until it makes a very slight contact with the chin. With this technique, the elbows will have to drop more forward than conventional triceps extensions.

### **Standing Narrow Grip EZ-Bar Reverse Curls**

Use an overhand (semi-pronated grip) on a EZ curl bar. using the narrow grip setting (first bend away from the center of the bar). 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.

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 best diameter being for that case a 55 cm ball.

### **Standing Mid- grip EZ-Bar Reverse Curls**

Use the same technique as the exercise described before, with the difference being that you will use a wider grip. That is you will use a shoulder-width (third bend away from the center of the bar).

If your elbows flare out during the eccentric lowering of reverse curls, the load is either too great and/or you could have an adhesion build-up in the elbow flexors. More often than enough, bodybuilders because of the volume of elbow flexor work they do, develop adhesions at the following sites: between the biceps and brachioradialis, between brachialis and triceps, in the brachial intermuscular septum. Those adhesions can be readily removed by a health practitioner trained in Active Release techniques. To find out who is an Active Release Techniques provider in your area, please phone 719-473-7000.

## **Mid Line Hammer Curls**

This a unique variation of the hammer curl which you will come to enjoy. As you curl the dumbbells upward, make them meet in front of your sternum. Bring the dumbbells together without having them touch. That slight change in motor pathway will affect the motor unit pool in a manner which it is not used too. Thus, creating an overload you are not accustomed to and furthering your mass gains.

## **Making Tri-sets More Effective**

1. Make sure that all the equipment necessary is pre-loaded and within immediate grasp once completing your sets.
2. Having a training partner hand you over the equipment during the pause between exercises will maximize the return of investment in this routine.