HUGE ARMS CLUB MONTH 6
Phase 4 : Intensification 2: Maximal Tension Drop Sets

In my experience, in order to grow in size you have to periodically inject periods of maximal strength training.

I believe the optimum solution to achieving maximum motor unit activation and muscle tension is to modify the training load during a set. To better understand this, let's look at a conventional set. Let's say an individual can bench press 300 lbs for 1 rep(lowering the bar for a 4-second count) and therefore able to perform 7 reps with 240 lbs. These are the
loading parameters for the set:

Repetition	Load (lbs)	Eccentric Contr Time (seconds)	Concentric Contr. Time (seconds)
1	240	4	1.2
2	240	4	1.2
3	240	4	1.3
4	240	4	1.4
5	240	4	1.4
6	240	4	1.8
7	240	4	2,3
Total	1680	28	10.6
Average	240	4	1.5

Now, let's have the same individual perform a 7-rep set, but lift 300 lbs for the first rep, 285 for the second, and then drops the weight 10 lbs (5 %) for every subsequent rep. In most individuals the difference between 1 R.M. and 2 R.M. and 2 and 3 R.M. is roughly 5%, while the difference narrows to about 2% between reps of 4 and 12 R.M. The drop in resistance is most effectively done by two partners who strip
the bar at the top of the concentric contraction briefly before the athlete lowers the bar for another eccentric contraction. With that background, here are the loading parameters for the set:

Repetition	Load (lbs)	Ecc. Contr. Time (seconds)	Conc Contr. Time (seconds)
1	300	4	2,1
2	285	4	2,3
3	270	4	2,5
4	260	4	2,8

5	240	4	2,8
6	230	4	3,1
7	220	4	3,2
Total	1805	28	18.8
Average	259	4	2,6

As you can see, the average load for the 7-repetition set is 7.4% higher in this protocol versus the first protocol, thereby creating a higher overall level of muscle tension. Also, the average concentrate speed was slower in the second sets (2.6 seconds vs 1.5 seconds) because each rep represents 100% of momentary maximum strength.

So for this final phase of the ultimate arm routine, you will use a routine where one uses an high average load coupled with slow velocities of execution. This creates an optimal combination of high intensity coupled to ideal time under tension

Notice that there is a 10-second pause between drops of weight; this will allow you enough time to be able to activate the higher-threshold fibers.

All reps are performed on a 31X tempo, that is, a smooth descent of 3 seconds for the eccentric contraction, a pause of one second to eliminate the myotatic component, and an explosive contraction to tap into the high-threshold fast-twitch fibers. Even though the desired speed of the bar displacement is explosive, because of the high load, the bar may not actually move that fast. But one must concentrate on
accelerating the bar through the concentric range. Of course, near the end of the movement you will decelerate to prevent injuries.

The pause should be taken where leverage is favorable (i.e., lock out position in bench press) so that the muscles can relax and the blood supply can be augmented. According to Australian strength and biomechanics expert Dr. Greg Wilson, this will permit one to access more of the higher threshold fast-twitch fibers.

A-1	One Arm Scott Curls	5	5 *	31X	120 seconds

A-2	California Press	5	5 *	31X	120 seconds
B-1	Seated Off-Set Db curls	4	7 ˆ	31X	90 seconds
B-2	Decline Db Triceps Ext.	4	7 ˆ	31X	90 seconds

*** Drop set Mode A**

Take a weight that represents 2 RM, perform 2 reps rest 10 seconds, drop the weight 5 %,do 1 rep, , drop the weight 5 %,do 1 rep, , drop the weight 5 %,do 1 rep. That gives a total of 5 gut wrenching reps.

ˆ Drop set Mode B

Take a weight that represents 3 RM, perform 3 reps rest 10 seconds, drop the weight 5 %,do 1 rep, , drop the weight 5 %,do 1 rep, , drop the weight 5 %,do 1 rep. %,do 1 rep, , drop the weight 5 %,do 1 rep. That gives a total of 7 gut wrenching reps.

A-1 One Arm Dumbbell Scott Curl

The Scott Curl is often known in the U.S. as the preacher curl, named after the fact that the exercise resembles a preaching lectern. However, everywhere else around the World it is known as the Scott curl in honor to two time Mr. Olympia Larry Scott who helped popularize this bench by slaving on it for years to develop his massive arms. Most curling exercises involve some assistance and stabilization work by other muscle groups. The main function of the Scott Bench, by its very design, is proper effective isolation of the elbow flexors by avoiding the use Body English to recruit assistance muscles. Of course the resistance used in Scott curl exercises is normally lower as less muscle groups are involved. The Scott Curl is used to isolate the medial (short head) and the brachialis muscles.

The Scott Bench unit was designed so that strict form is to be used particularly during the eccentric lowering. But funny enough, I see

often trainees using form reminiscent of a penguin having an epileptic seizure. One Mr. Olympia finalist tore his biceps because he failed to use proper form on this bench.

Bodybuilding's gym jock kinesiologists will say that a 90 degree inclination on the padded surface will work the upper biceps and the 45 degrees on the padded surface will work the lower biceps. Where did they learn anatomy? There is no such thing as a lower biceps. When one for example experiences lower biceps soreness two days after a Scott bench workout, all he is experiencing is soreness in the short-head of the biceps brachii and the brachialis. Since their distal insertions are in the crook of the elbow, people have invented the term « lower biceps ».

I prefer to use a thick handle dumbbell. I found from experience that it increases motor unit recruitment.

The free hand should be placed on the padded surface with the fingertips of the thumb and index finger locking the medial portion of the triceps into a fixed position.

Keep neck aligned by looking straight ahead.

Because the initial portion is much harder than lets say the standard barbell curls, many trainees will abstain from lowering the barbell all the way thus lowering its effectiveness.

Only work in the range where tension is put on the elbow flexors. If you come up too high, the tension will be lost on the elbow flexors and the results will be compromised.

A-2 California Press

The California Press is an hybrid movement which is actually a cross between a close grip bench press and a lying triceps extension.

It is a very popular assistance movement used in powerlifting circles, particularly in the ones who need to increase their triceps mass and strength to bring their bench press poundages upwards.

Get in the same start position as the close grip bench position, and lower the barbell to the upper pecs by allowing the elbows to drop down forward as you lower the bar. At this point you will experience a great stretch in the triceps.

In the bottom position, the forearms should come in contact with the biceps. and the bar comes in contact with the upper chest. From this position, push the bar away and upward from your chest. Elbows just go short of lock-out when you get to the top position to maintain tension on the triceps.

A good starting weight would be somewhat half way between what you use in the lying triceps extensions and the close grip bench press.

B-1 Seated, Offset-Grip Dumbbell Curls

For this exercise, sit on a regular bench and hold the dumbbells with an offset grip--that is, an asymmetrical grip where the thumb side of your hand rests against the inside plate of the dumbbell. This will increase the involvement of the short head of the biceps. Start the exercise with a semi-supinated grip (hammer grip), and curl the weight to about 40°. Then turn your palms up (supinate) and complete the elbow flexion movement. Since you are holding the dumbbell in a asymmetrical fashion, you will be forced to activate the short-head of the biceps to complete the supination movement.

B-2 Decline Dumbbell Triceps Extensions

Lie on a decline bench hooking your feet under the padded rollers while holding your working dumbbells. 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 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.

The decline dumbbell triceps extensions allows for a greater stretch of the triceps than most triceps exercises.

This exercise has been shown through MRI studies to be one of the most effective to recruit all three heads of the triceps.

For variety sake, one can add a pronating motion at the end of the elbow extension (turning the palms down, that is away from your face), which would add some more recruitment of the small anconeus muscle.