

MILOS SARCEV PROGRAM : **Some Excellent Recipes for Arm Growth**

This chapter will show you arm training cycles, as you can have read the possibilities to arrange the training cycle are limitless. By experience, many of my seminar attendants and readers eat up the rationale for the prescription of workouts I write, I found that most of them are able to relax and get rid of their anxiety about doing it right when I can give sample training cycles. Here are some time proven routines that will help you pack inches on your arms.

Workouts for the fast twitch guy

ROUTINE 1 GENERAL WORK

Order	Exercise	sets x reps	Tempo
A-1	Incline 45° dumbbell curls	4-5 x 5-7	501
A-2	Decline DB triceps extensions	4-5 x 5-7	501
B-1	40° Barbell Scott curls	4-5 x 5-7	501
B-2	Decline Close grip bench press	4-5 x 5-7	501
C-1	Zottmann curls	3-4 x 5-7	501
C-2	One arm french presses	3-4 x 5-7	501

ROUTINE 2 Brachialis and medial triceps head specialization

Order	Exercise	sets x reps	Tempo
A-1	Standing EZ Bar Reverse Curls	5-6 x 4-6	321
A-2	Parallel Bar Dips	5-6 x 4-6	321
B-1	Seated Zottmann Curls	4-5 x 4-6	402
B-2	Seated French press	4-5 x 6-8	311

ROUTINE 3 Long-head of biceps and lateral triceps head specialization

Order	Exercise	sets x reps	Tempo
A-1	Low Incline Dumbbell Curls	5-6 x 4-6	302
A-2	Low Decline Close Grip Bench	5-6 x 4-6	311
B-1	Standing Barbell Curls	4-5 x 4-6	402
B-2	Half press in Rack	4-5 x 6-8	321

Perform exercise A-1, rest 2 minutes, perform exercise A-2, rest 2 minutes, repeat the above. In this manner, you will get 5 minutes between sets for a muscle group, which is essential when you want to derive the full benefits from training with high loads. Note that the nervous system takes 4-5 times longer

to recover between sets than do the energy stores. The benefits of maximal weights methods on the nervous system can be negated through rest intervals which are too short. Alternating triceps work with biceps work will insure that the muscular structure is balanced and will prevent cumulative fatigue build-up in the agonist muscles.

Advanced Basics

Normally as one goes through his training career, their routines become more complicated by the injection of new exercises and loading parameters combinations. But sometimes, that fails to work in bringing about adaptation. In that case, I recommend returning to basics with an added twist. In the advanced basics system, you use one exercise per bodypart and do 10 sets of X amount of repetitions. Here are two options on how to do advanced basics.

Advanced Basics System 1: Constant Rep/Near Complete Rest Bracket

It is advanced variation of the German Volume system. You start off with a weight you can do 6 R.M. with, and you only rest 2 minutes between sets. You do as many reps as possible with the weight, take your rest period, then attempt as many reps as possible. Anytime you get down to 4 reps, decrease the weight by 5% for the next set.

So a sample standing barbell workout may look like this

Set 1: 100 x 6

Rest 2 minutes

Set 2: 100 x 5

Rest 2 minutes

Set 3: 100 x 5

Rest 2 minutes

Set 4: 100 x 4

Rest 2 minutes

Set 5: 95 x 5

Rest 2 minutes

Set 6: 95 x 4

Rest 2 minutes

Set 7: 90 x 6

Rest 2 minutes

Set 8: 90 x 4

Rest 2 minutes

Set 9: 85 x 6

Rest 2 minutes

Set 10: 85 x 5

Rest 2 minutes

Advanced Basics System 2: Constant Rep Bracket /Incomplete Rest

It is very similar to the one given, except for the major distinction that the rest interval given is incomplete, therefore drop in weights in each succeeding set will be more dramatic as you compare with this example
So a sample standing barbell workout may look like this

Set 1: 100 x 6

Rest 60 seconds

Set 2: 100 x 4

Rest 60 seconds

Set 3: 95 x 5

Rest 60 seconds

Set 4: 95 x 4

Rest 60 seconds

Set 5: 90 x 4

Rest 60 seconds

Set 6: 85 x 5

Rest 60 seconds

Set 7: 80 x 5

Rest 60 seconds

Set 8: 80 x 4

Rest 60 seconds

Set 9: 75 x 6

Rest 60 seconds

Set 10: 75 x 4

Rest 60 seconds

Advanced Basics System 3: Holistic Rep System

In this variation, you perform a total of 10 sets but using different rep brackets. This system has been developed by Ian King of Australia. I find it quite useful to jolt an advanced trainee into new growth.

For example one does 5 sets heavy (4-6 reps on a 511 tempo), 3 sets of medium reps (i.e. 8-12 reps on a 302 tempo) and 2 sets of high reps (20-25 reps on a 101 tempo).

The rationale is that the first heavy sets tap into the high threshold fibers, then the medium sets will tap into the type IIa fibers while the last high reps will tap into lower threshold fibers.

This routine is obviously for one who has developed great work capacity over the years and is well disciplined.

So a sample close grip bench press workout would look like this:

315 x 6 on a 511

Rest 4 minutes

315 x 5 on a 511

Rest 4 minutes

315 x 5 on a 511

Rest 4 minutes

320 x 4 on a 511

Rest 4 minutes

320 x 4 on a 511

Rest 2 minutes

255 x 12 on a 302 tempo

Rest 2 minutes

255 x 10 on a 302 tempo

Rest 2 minutes

255 x 8 on a 302 tempo

Rest 1 minute

145 x 24 reps

Rest 1 minutes

135 x 20 reps

ENJOY THE GAIN!