

## Uni-angular Tri-Set Routines

I learned of this training method from reading the writings of the late Don Ross. 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 no rest in between the different exercises until all three exercises are done. Two minutes rest intervals are normally taken between Uni-angular Tri-sets.

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

1. Dumbbell Scott Curls 6-8 reps on a 301 tempo,
2. O rest move to 3.
3. Barbell Scott Curls 6-8 reps on a 301 tempo,
4. O 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 would get a very good trashing.