

SHIRT-FILLING ARM PROGRAM # 1

By Richard Bell

One of the most frequently asked questions I get in the gym is "What type of routine can I perform to develop huge arms in time for the beach or pool scene?" In my opinion most of the bodybuilders you see in the *Weider* magazines are pretty weak for their muscle cross section. Even though their arms appear big and muscular, they are structurally weak in nature. Why? Because if you look at most of the top bodybuilders in the game today and study their training logs, you will notice that their set rep scheme is pretty much the same: 3 x 10–12 or 4 x 10–12 with short rest periods of about 60 seconds.

One thing I've learned over the years of training athletes and weekend warriors is that the rate of adaptation occurs faster in the upper body than in the lower body. The upper body needs more variation in reps sets and rest periods. For a well-trained individual, most reps performed above eight are a waste of time, since we are neurologically efficient. (The exception would be the forearms and calves, since the time under tension is low because of the relatively short range of motion.)

The program you are about to embark upon is to be done every five days, and that's it. The program consists of four arm workouts in 20 days. The exercises are paired in a double station fashion with complete rest allowed in between exercises. I believe in using more sets to create a better hormonal response. The greater increases in strength seen with multiple-set protocols may in part be because higher volumes of total workload produce significant post-workout increases in circulating anabolic hormones.

The key to making one's arms grow in size and strength is to make sure you go through a variety of arm programs. You can add variety by changing the tempo, the mode of contractions, the exercises, and of course the rep/sets patterns. Remember, building strong arms is a function of experimenting and varying. Winners always find a solution; losers find excuses.

Exercise	Sets	Reps	Rest	Tempo
A-1 Close Grip Bench Press	4	2, 2, 4, 4, 6, 6	2 min.	40 x 0
A-2 Close Supinated EZ bar Curl	4	2, 2, 4, 4, 6, 6	2 min.	40 x 0
B-1 Barbell Triceps Extension	4	4–7	90 sec	4010
B-2 Seated Db Off-Set Curls	4	4–7	90 sec	4010