



F.O.I.A.O

- EVERYDAY IS ARM DAY -



INTRO

GOALS OF THIS EBOOK

THE ANATOMY OF THE ARM

- BICEPS**
- TRICEPS**
- BRACHIORADIALIS AND FOREARMS**

TRAINING TECHNIQUES AND TERMINOLOGY

- ECCENTRIC VS. CONCENTRIC**
- GIANT SETS**
- SUPER SETS**
- DROP SETS**
- COMPOUND SETS**
- FAILURE TRAINING**
- PUMP TRAINING**
- FREQUENCY**
- INTENSITY**
- VOLUME**

WORKOUT SPLIT

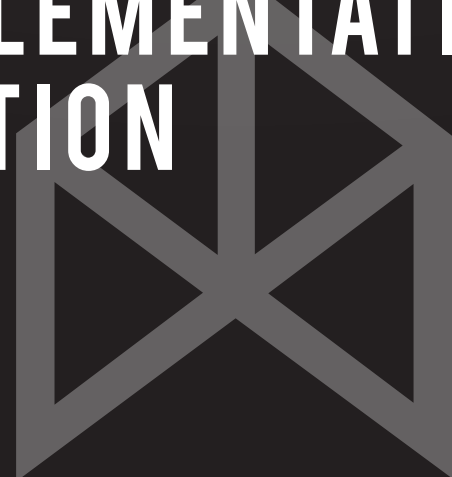
- DAY 1 BACK AND BICEPS**
- DAY 2 CHEST, SHOULDERS, AND TRICEPS**
- DAY 3 LEGS AND FOREARMS**
- DAY 4 BICEPS, TRICEPS, AND ABS**

CARDIO INTEGRATION

- LOW INTENSITY CARDIO**
- HIGH INTENSITY CARDIO**

PERI-WORKOUT NUTRITION & SUPPLEMENTATION

- PRE-WORKOUT NUTRITION**
- PRE-WORKOUT SUPPLEMENTATION**
- INTRA-WORKOUT SUPPLEMENTATION**
- POST-WORKOUT NUTRITION**



TRACKING PROGRESS

- LOG BOOK**
- PROGRESS PICTURES**
- MEASUREMENTS**
- SCALE WEIGHT**

REST INTEGRATION

- OVERTRAINING**
- SIGNS AND SYMPTOMS**

CONCLUSION

INTRO

THANK YOU FOR PURCHASING THE EVERY DAY IS ARMDAY EBOOK! THIS EBOOK IS PART OF THE, "EVERY DAY IS..." SERIES THAT PROVIDES A WORKOUT PLAN AND ADVICE FOR BRINGING UP LAGGING MUSCLE GROUPS. THIS PARTICULAR EBOOK IS FOCUSED ON HOW TO BUILD BIGGER ARMS, WHILE THE OTHER EBOOKS IN THIS SERIES WILL FOCUS ON HOW TO BUILD UP OTHER LAGGING MUSCLE GROUPS. THANK YOU VERY MUCH FOR YOUR SUPPORT! I TRULY APPRECIATE IT!!

IT'S BEEN AROUND 15 YEARS SINCE I STARTED TAKING THE GYM SERIOUSLY, AND AROUND 12 YEARS SINCE I GOT MY FIRST CLIENT AS A PERSONAL TRAINER. I WAS NEARING THE END OF HIGH SCHOOL WHEN I DECIDED I WANTED TO PURSUE PERSONAL TRAINING AS A JOB AND CAREER. I THEN GAINED SOME EXPERIENCE BY WORKING FOR VARIOUS LARGE CHAIN CORPORATE GYMS THROUGHOUT MY COLLEGE YEARS. IT WAS DURING THAT TIME THAT I ALSO GOT MOST OF MY EXPERIENCE IN BOTH STRENGTH AND PHYSIQUE COMPETITIONS. I WAS STUDYING BUSINESS IN COLLEGE, BUT SOON REALIZED THAT I WASN'T VERY FOCUSED ON SCHOOL.



I REALIZED THAT MY FOCUS WAS MORE ON MY COMPETITIVE CAREER AND MY BUSINESS AS A PERSONAL TRAINER THAN IT WAS ON GETTING GOOD GRADES AND SITTING THROUGH BORING LECTURES. I DIDN'T HAVE A PASSION FOR SCHOOL, AND I DIDN'T THINK THAT SCHOOL HAD ANYTHING ELSE FOR ME AT THE TIME, SO I DROPPED OUT AND LEFT MY JOB TO PURSUE SOMETHING MORE. THIS IS WHEN I DECIDED TO GO ALL IN FOR BMFIT AND PURSUE A CAREER AS A PRIVATE PERSONAL TRAINER/ONLINE COACH. I STARTED BMFIT AS A BROKE COLLEGE DROPOUT THAT HAD ONLY ONE PASSION IN LIFE...THE GYM.

I STRUGGLED A LOT THROUGHOUT MY COLLEGE YEARS AND THINGS DIDN'T COME FAST OR EASY WHEN I FIRST WENT ALL IN WITH BMFIT EITHER. I SPENT A LOT OF MY TIME FOCUSING ON MARKETING MYSELF AND PRODUCING QUALITY CONTENT TO ADVERTISE MY SERVICES AS A PERSONAL TRAINER AND COACH. I WAS FORTUNATE ENOUGH TO HAVE A FEW IN PERSON CLIENTS THAT GENERATED ENOUGH MONEY TO PAY MY BILLS WHILE I FOCUSED MY EFFORTS ONLINE. MY ONLINE COACHING BUSINESS WITH BMFIT DIDN'T COME QUICKLY, BUT I DID EVENTUALLY GET TO A POINT WHERE MY ONLINE BUSINESS TOOK UP MOST OF MY TIME. I THEN STARTED SCALING BACK ON IN-PERSON TRAINING SO I COULD FOCUS ON EXPANDING MY BRAND AND BUSINESS ONLINE. AS MY ONLINE PRESENCE GREW OVER THE YEARS, MY ONLINE COACHING BUSINESS WITH BMFIT LED TO EBOOKS, MERCHANDISE, ORIGIN SUPPLEMENTS, MY OWN GYM NAMED ZOO CULTURE, AND A PODCAST NAMED CULTURE CAST.

I WAS JUST A KID WITH A DREAM AND HAVE BEEN ABLE TO MAKE A LOT OF MY DREAMS A REALITY SINCE I FIRST GOT INVOLVED IN THIS INDUSTRY OVER 12 YEARS AGO. THIS IS WHY I ALWAYS WANT TO SPEND THE TIME TO THANK EACH AND EVERY MEMBER OF THE #SQUAD THAT SUPPORTS WHAT I DO. I GET TO LIVE OUT MY DREAMS BECAUSE OF YOUR SUPPORT AND I'M TRULY GRATEFUL FOR THAT. I STAY FOCUSED AND MOTIVATED BECAUSE I KNOW I NEED TO DELIVER FOR THE SQUAD! THANK YOU!!



GOALS OF THIS EBOOK

THE ULTIMATE GOAL OF THIS EBOOK IS VERY SIMPLE. WE WANT TO BUILD BIGGER ARMS AS FAST AS POSSIBLE!

THOSE OF YOU THAT HAVE FOLLOWED MY SOCIAL MEDIA FOR A WHILE KNOW THAT I ALWAYS SAY, "EVERY DAY IS ARMDAY" YOU MAY HAVE ALSO SEEN #EDIAD POSTED ON SOCIAL MEDIA AS WELL. I REALIZED THAT EVERYBODY APPRECIATES SOMEBODY WITH BIG ARMS. IT DOESN'T MATTER IF YOU WANT TO GET HUGE OR SHREDED, OR EVEN IF YOU WERE FOCUSED ON STRENGTH AND ATHLETICISM, NOBODY WOULD TURN DOWN THE OFFER OF HAVING THE ABILITY TO HAVE MORE MUSCULAR ARMS.

I FEEL LIKE HAVING BIG ARMS AS A GUY IS LIKE THE EQUIVALENT OF A GIRL WANTING A NICE BUTT. I'M 6'3" TALL AND HAVE VERY LONG ARMS, SO I HAD ALWAYS WANTED TO HAVE BIG ARMS FROM SIMPLY A PERSONAL PERSPECTIVE. THROUGHOUT YEARS OF BEING FRUSTRATED WITH LACK OF PROGRESS, I LOST MY MIND ONE DAY. I DECIDED THAT I WAS GOING TO TRAIN MY ARMS IN SOME WAY EVERY SINGLE DAY THAT I WORKED OUT AND LITERALLY TRY AND FORCE THEM TO GROW. NOTHING ELSE SEEMED TO WORK SO I FIGURED I DIDN'T HAVE ANYTHING TO LOSE. I MUST'VE MADE AN INSTAGRAM POST OR MENTIONED IT IN A YOUTUBE VIDEO ALONG THE WAY, BUT "EVERY DAY IS ARMDAY" STUCK AND IS NOW SOMETHING THAT IS SYNONYMOUS WITH BMFIT JUST LIKE "LET'S GET BETTER TOGETHER."

WHAT STARTED SIMPLY AS SOMEWHAT OF A JOKE ENDED UP BEING SOMETHING THAT ACTUALLY WORKED OUT WELL FOR ME. I REALIZED THAT IF I INCREASED THE FREQUENCY OF MY ARM TRAINING BY STRATEGICALLY IMPLEMENTING EXERCISES AT THE RIGHT TIME, WITH THE RIGHT AMOUNT OF REST, AND WITH THE PROPER INTENSITY THAT I WAS STARTING TO SEE PROGRESS. MY THEORY IS THAT WE TRAIN IN THE GYM TO BREAK MUSCLE DOWN AND WE LET IT RECOVER AND BUILD WHILE WE REST. IN THEORY, WE CAN BUILD MUSCLE FASTER IF WE CAN REPEAT THE CYCLE OF TRAIN/REST AS OFTEN AS POSSIBLE. I REALIZED THAT IF I TRAINED TOO HARD OR TOO FREQUENTLY THAT THE MUSCLES IN MY ARM DIDN'T GET THE CHANCE TO RECOVER AND THEY WOULDN'T GROW EITHER. IT TOOK SOME TRIAL AND ERROR BUT I SOON STARTED TO FIND A WAY TO INCREASE MY TRAINING FREQUENCY WHILE STILL ALLOWING ENOUGH TIME FOR REST AND RECOVERY TO ALLOW THE MUSCLE TO GROW.

THIS IS SOMETHING THAT HAS WORKED VERY WELL FOR MY ARMS AND I HAVE ALSO APPLIED IT TO OTHER LAGGING MUSCLE GROUPS OVER THE YEARS AS WELL. I HAVE FOUND THAT SIMPLY INCREASING THE FREQUENCY OF TRAINING FOR A SPECIFIC MUSCLE WITH PROPER REST AND NUTRITION IS THE QUICKEST WAY TO BUILD MUSCLE TISSUE. IT MAKES SENSE RIGHT?? THE MORE OFTEN YOU TRAIN A MUSCLE THEN THE BIGGER IT WILL BE! IT REALLY IS THAT SIMPLE IN CONCEPT, BUT THE CHALLENGE COMES IN PAYING ATTENTION TO THE TYPE OF TRAINING THAT YOU DO AS WELL AS THE AMOUNT OF REST YOUR BODY REQUIRES IN BETWEEN TRAINING SESSIONS.

YOU'LL NOTICE IN THE WORKOUT SPLIT THAT I DO NOT TRAIN EVERY MUSCLE OF MY ARM WITH MULTIPLE EXERCISES EVERY SINGLE DAY. SOME DAYS HAVE MORE DIRECT ARM WORK THAN OTHERS. IT'S IMPORTANT TO RECOGNIZE THAT WE USE OUR ARMS IN THE GYM FOR MOST EXERCISES. THE ARMS ARE ALREADY USED TO HIGH FREQUENCY TRAINING SIMPLY WITH INDIRECT WORK ON MOST EXERCISES COMBINED WITH THE DAILY USE OF OUR ARMS IN REGULAR LIFE. THIS MEANS THAT THE ARMS ARE ALREADY USED TO RECOVERING WITH SHORTER REST PERIODS. I WANT TO MAXIMIZE THIS AND STRATEGICALLY PLACE THE PROPER ARM EXERCISES WITH THE RIGHT INTENSITY INTO THE WORKOUT SPLIT SO THAT WE WILL BE DIRECTLY TRAINING SOME PART OF OUR ARM EVERY SINGLE WORKOUT DAY. IT SHOULD BE OBVIOUS THAT THIS WILL ONLY WORK WITH PROPER REST AND NUTRITION. I WILL TELL YOU MORE ABOUT THOSE TWO KEY COMPONENTS LATER IN THIS EBOOK.

OVERALL, IF YOU HAVEN'T FIGURED IT OUT BY NOW, THIS EBOOK IS ALL ABOUT BUILDING BIGGER ARMS BY TRAINING THEM EVERY WORKOUT DAY AND INCORPORATING TECHNIQUES THAT I HAVE PERSONALLY USED AND SEEN PROGRESS WITH IN THE PAST. TURN BACK NOW IF YOU'RE ONE OF THOSE WEIRDOES' THAT DOESN'T WANT BIGGER ARMS. FOR THE REST OF YOU THAT WANT BICEPS LIKE ARNOLD, LET'S CARRY ON TO THE NEXT SECTION.

"Throughout years of being frustrated with lack of progress, I lost my mind one day. I decided that I was going to train my arms in some way every single day that I worked out and literally try and force them to grow."

THE ANATOMY OF THE ARM

I'VE REALIZED THAT MOST PEOPLE DON'T KNOW THE FUNCTION AND LOCATION OF THE MUSCLES IN THE ARM LET ALONE THE REST OF THE BODY. TRUTHFULLY, I DON'T EVEN KNOW THE NAMES OF ALL THE MUSCLES IN THE ARM OR REST OF MY BODY, BUT I DO KNOW THE NAMES, LOCATION, AND FUNCTION OF THE IMPORTANT SUPERFICIAL BODYBUILDING MUSCLES. I WON'T BREAK DOWN EVERY SINGLE LITTLE MUSCLE IN THE ARM, BUT THERE ARE A FEW THAT YOU NEED TO HAVE A BETTER UNDERSTANDING OF BEFORE YOU CAN GET THE MOST OUT OF THIS PROGRAM. YOU CAN'T SUCCEED IN WEIGHT LIFTING OR BODYBUILDING IF YOU DON'T UNDERSTAND BASIC HUMAN ANATOMY AND SOME KINESIOLOGY THAT COMES ALONG WITH IT.

IT IS IMPORTANT TO UNDERSTAND THE LOCATION AND FUNCTION OF THE MUSCLES IN THE ARM IF WE WISH TO BUILD BIGGER ARMS. IF YOU CAN VISUALIZE THE LOCATION OF THE MUSCLES AND YOU KNOW THEIR FUNCTION THEN YOU CAN PAY CLOSER ATTENTION TO YOUR FORM AND TECHNIQUE WITH EACH EXERCISE. IF YOU APPLY BETTER FORM AND TECHNIQUE TO YOUR TRAINING THEN I HAVE NO DOUBTS YOU WILL SEE PROGRESS.

LASTLY, IT IS IMPORTANT TO KNOW THE LOCATION AND FUNCTION OF THE MUSCLES TO TRULY UNDERSTAND HOW TO BUILD THEM. A LOT OF PEOPLE FIGURE OUT HOW TO BUILD MUSCLE BUT THEY DECIDE TO TRAIN TO MAKE A MUSCLE "LOOK" A CERTAIN WAY (EXAMPLE: MORE "PEAK" TO THE BICEPS LIKE ARNOLD). THE TRUTH IS THAT WE CAN'T CHANGE THE GENETIC SHAPE AND "LOOK" TO OUR MUSCLES AND OUR PHYSIQUE. ALL WE CAN DO IS MAKE A MUSCLE BIGGER, SMALLER, OR MORE DEFINED BY REDUCING BODY FAT AND WATER. SOME PEOPLE DON'T HAVE THE GENETIC PREDISPOSITION TO MAKE A MUSCLE LOOK A CERTAIN WAY. DON'T LET THAT DISCOURAGE YOU AND INSTEAD FOCUS ON ADDING MUSCLE AND IMPROVING DEFINITION OVER TIME. LEAN MUSCLE LOOKS GREAT ON ANYBODY REGARDLESS OF THE GENETIC SHAPE OF THE MUSCLE!



LASTLY, BEING THAT THIS IS #EDIAD THEN YOU NEED TO UNDERSTAND THAT THE ARMS ARE HIT DIRECTLY OR INDIRECTLY PRETTY MUCH ANY TIME THAT YOU EXERCISE. IF YOU ARE AWARE OF THE INDIRECT WORK AS WELL AS THE DIRECT WORK THEN YOU CAN TRAIN THE MUSCLES IN YOUR ARMS MORE FREQUENTLY WITHOUT INTERRUPTING REST AND GROWTH. THE MORE OFTEN THAT WE CAN TRAIN A MUSCLE AND RECOVER FROM A TRAINING SESSION, THEN THE FASTER THAT MUSCLE WILL GROW!

"You can't succeed in weight lifting or bodybuilding if you don't understand basic human anatomy and some kinesiology that comes along with it."

BICEPS

LET'S START WITH THE BICEPS ALSO KNOWN AS THE "BICEPS BRACHII". THIS IS THE MUSCLE THAT ARNOLD SCHWARZENEGGER MADE MOST FAMOUS WITH HIS TREMENDOUS BICEPS PEAK. IT'S THE MUSCLE THAT, WHEN FLEXED, IS THE UNIVERSAL SYMBOL FOR BEING STRONG OR LIFTING WEIGHTS. SOCIETY EVEN HAS A BICEPS FLEXING EMOJI FOR OUR SMART PHONES AT THE TIME OF WRITING THIS! PEOPLE FROM ALL WALKS OF LIFE UNIVERSALLY RECOGNIZE SOMEBODY HAVING IMPRESSIVE BICEPS.

THE BICEPS ARE LOCATED ON THE FRONT OF THE TOP PART OF YOUR ARM. THEY ARE CONNECTED TO YOUR BODY IN YOUR SHOULDER AND ON YOUR FOREARM NEAR THE ELBOW. THE FUNCTION OF THE BICEPS IS TO BRING THE LOWER HALF OF YOUR ARM CLOSER TO THE UPPER HALF OF YOUR ARM (THINK ABOUT BRINGING YOUR RIGHT HAND TO YOUR RIGHT SHOULDER FROM ANY ANGLE... YOU CAN'T DO THAT WITHOUT BICEPS). THE BICEPS ARE USED IN ALL CURLING MOVEMENTS AS WELL AS ANY PULL UP, CHIN UP, PULL DOWN, ROW, OR ANYTHING WITH A PULLING MOTION.



CURLING OR BICEP MOVEMENTS ARE TYPICALLY SOME OF THE FIRST MOVEMENTS THAT PEOPLE LEARN (ALONG WITH THE BENCH PRESS), SO MOST OF YOU UNDERSTAND WHICH EXERCISES ARE FOR BICEPS. I THINK IT'S ALSO IMPORTANT TO POINT OUT THAT AS PART OF #EDIAD YOU WILL HIT YOUR BICEPS DIRECTLY AND INDIRECTLY THROUGHOUT THE PROGRAM. I NEED YOU TO ALSO BE AWARE THAT THE BICEPS ARE ALSO HEAVILY TARGETED INDIRECTLY ON THE MAJORITY OF BACK MOVEMENTS. YOUR BACK DAY, WHETHER YOU LIKE IT OR NOT, IS ALSO A PRETTY GOOD WORKOUT FOR YOUR BICEPS AS WELL!

"It's the muscle that, when flexed, is the universal symbol for being strong or lifting weights."

TRICEPS

PEOPLE ALWAYS THINK ABOUT BIG BICEPS WHEN THEY TALK ABOUT HAVING BIG ARMS. THE TRUTH IS THAT THE TRICEPS ARE LOCATED ON THE BACK OF THE ARM AND MAKE UP THE MAJORITY OF THE MASS IN THE UPPER ARM. IN COMPARISON, THE BICEPS ARE THE SMALLER MUSCLE IN THE UPPER ARM, SO THE TRICEPS ARE A MUSCLE YOU MUST FOCUS ON IF YOU WANT BIG ARMS. IF YOUR BICEPS ARE LEGITIMATELY BIGGER THAN YOUR TRICEPS THEN YOUR ARMS WILL LOOK FUNNY. THE TRICEPS ARE SUPPOSED TO ALWAYS BE SLIGHTLY BIGGER THAN THE BICEPS. DEVELOPED TRICEPS WILL FORM A NICE CRADLE TO DISPLAY THE BICEP IN A FLEXED POSITION. IMPROVING YOUR TRICEPS WILL MAKE YOUR BICEPS LOOK BETTER SO MAKE SURE TO GIVE THEM THE FOCUS THAT THEY DESERVE!

MANY PEOPLE DON'T KNOW IT, BUT THE TRICEPS ARE ACTUALLY COMPRISED OF THREE HEADS. THE FUNCTION OF THE THREE HEADS IS SIMILAR BUT THERE IS A WAY TO TARGET THE LONG AND SHORT (INNER AND OUTER) HEAD DEPENDING ON THE ANGLE OF THE TRICEPS EXERCISE. THE TRICEPS FUNCTION IN THE EXACT OPPOSITE MOVEMENT PATTERN OF THE BICEPS. IF YOU UNDERSTOOD THE EXAMPLE FOR THE BICEPS IN THE PRIOR SECTION THEN YOU CAN UNDERSTAND THE TRICEPS... THEY ARE THE EXACT OPPOSITE OF THE BICEPS. THE TRICEPS ARE INVOLVED IN ANY PRESSING MOVEMENT AND ANY OTHER MOVEMENT THAT INVOLVES THE STRAIGHTENING OF THE ARM AND EXTENDING OF THE FOREARM.

MANY PEOPLE UNDERSTAND DIRECT TRICEPS EXERCISES LIKE THE V-GRIP PRESS DOWN OR ROPE PRESS DOWN, SO I WON'T GET TOO HEAVY INTO DIRECT EXERCISES FOR THE TRICEPS. CAN YOU GUESS WHAT IS A GREAT INDIRECT DAY FOR TRICEPS GAINS?? THE ANSWER IS CHEST DAY WITH YOUR SHOULDER PRESSING DAYS CLOSE BEHIND. ANY PRESSING MOVEMENT WILL INDIRECTLY TARGET THE TRICEPS. I HAVE MET PEOPLE WITH GREAT TRICEPS GENETICS THAT BUILT THEIR TRICEPS SIMPLY BY BENCHING A LOT. THOSE SAME PEOPLE NEVER HAD A VERY BIG CHEST, BUT THEIR TRICEPS AND SHOULDERS WERE HUGE!! IN FACT, MOST PEOPLE THINK ABOUT A BIG CHEST WITH SOMEBODY WHO HAS A BIG BENCH... MOST PEOPLE SHOULD THINK ABOUT BIG TRICEPS WITH SOMEBODY WHO HAS A BIG BENCH. IT IS FAR MORE COMMON TO SEE BIG TRICEPS ON A BIG BENCHER THAN A BIG CHEST! SO KEEP IN MIND THAT YOU WILL ALSO GET PLENTY OF INDIRECT TRICEPS WORK WITH YOUR PRESSING EXERCISES ON TOP OF ANY DIRECT TRICEPS WORK THAT YOU MAY BE DOING.

"Improving your triceps will make your biceps look better so make sure to give them the focus that they deserve!"

BRACHIORADIALIS AND FOREARMS

THE FOREARMS ARE A SERIES OF MUSCLES THAT MAKE UP THE LOWER HALF OF YOUR ARM BELOW THE ELBOW. THE MAJORITY OF THE MUSCLES IN THE FOREARM CORRELATE WITH WRIST MOVEMENT, GRIP STRENGTH, AND MOVEMENT OF THE HANDS. HOWEVER, THERE IS ONE MUSCLE THAT STANDS OUT AS DIFFERENT, AND THAT MUSCLE IS THE BRACHIORADIALIS.

THE BRACHIORADIALIS IS THE LONG MUSCLE THAT APPEARS TO SIT ON TOP OF YOUR FOREARM. THIS MUSCLE IS INVOLVED IN CURLING MOTIONS AND THE BEST WAY TO WORK THIS MUSCLE IS WITH REVERSE GRIP BARBELL CURLS AND/OR HAMMER CURLS WHICH YOU WILL READ ABOUT LATER ON IN THIS PROGRAM. THE REST OF THE FOREARM MUSCLES ARE TRAINED WITH GRIP STRENGTH AND WRIST MOVEMENT EXERCISES LIKE THE DBELL OR BARBELL WRIST CURL THAT I'LL EXPLAIN LATER IN THIS PROGRAM.



FOREARMS ARE LIKE THE CALVES OF THE UPPER BODY. PEOPLE ARE ALWAYS IN AWE WHEN THEY ENCOUNTER SOMEBODY WITH IMPRESSIVE MUSCLE IN THEIR CALVES OR FOREARMS... BUT LIKE CALVES, TRAINING THEM IS VERY BORING AND IS OFTEN OVERLOOKED. IF YOU WANT BIGGER ARMS THEN YOU NEED TO TRAIN YOUR FOREARMS JUST AS HARD AS THE SHOWPIECE MUSCLES ON THE TOP OF YOUR ARM. SKINNY FOREARMS MAKE THE ARMS APPEAR LONGER AND SKINNIER OVERALL. IF YOU THICKEN UP THE FOREARMS THEN THE UPPER ARMS ALSO APPEAR THICKER AND MORE MUSCULAR. IT'S FUNNY HOW THAT ILLUSION WORKS TO THE HUMAN EYE. THE OTHER ADDED BENEFIT TO FOREARM TRAINING, AND IT'S A BIG ONE, IS THE ABILITY TO DRAMATICALLY INCREASE YOUR GRIP STRENGTH. STRONG HANDS AND FOREARMS WILL IMPROVE YOUR LIFE AND CAN TRANSLATE OVER TO SO MANY THINGS ATHLETICALLY, AESTHETICALLY, AND WITH WEIGHTLIFTING IN GENERAL. STOP SLEEPING ON YOUR FOREARMS AND GET TO WORK!

"Skinny forearms make the arms appear longer and skinnier overall. If you thicken up the forearms then the upper arms also appear thicker and more muscular."

TRAINING TECHNIQUES AND TERMINOLOGY

IT IS IMPORTANT TO NOTE THAT ADDING EXTRA WORK TO BRING UP THE ARMS CAN BE TIME CONSUMING IN THE GYM AS WELL AS REQUIRING EXTRA TIME FOR REST AND RECOVERY. WE WILL BE USING CERTAIN TECHNIQUES TO GET THE MOST OUT OF A SHORT AMOUNT OF TIME AND ALSO ASSIST WITH THE RECOVERY PROCESS. REMEMBER THAT THE FORMULA TO BUILD MUSCLE IS TO STIMULATE THE MUSCLE IN THE GYM AND THEN RECOVER AND GROW WHILE YOU REST. IF WE CAN COMPLETE THE PROCESS OF "STIMULATE AND RECOVER" MORE FREQUENTLY THEN WE WILL BUILD MUSCLE AT A FASTER PACE. HOWEVER, IF WE TRY AND GO TOO FAST THEN THE MUSCLE CANNOT RECOVER AND THAT WILL LEAVE YOU WITHOUT PROGRESS. STIMULATING THE MUSCLE IS THE FUN AND EASY PART. RECOVERING IS THE LONG AND BORING PART.

I BELIEVE THAT I HAVE FOUND A WAY TO SPEED UP THESE PROCESSES BY INCORPORATING THE PROPER TECHNIQUES AND TIMING TO ALLOW FOR THE MOST FREQUENT STIMULATION WITHOUT COMPLETELY INTERFERING WITH THE RECOVERY AND GROWTH PROCESS.

#EDIAD IS NOT JUST SIMPLY TRAINING YOUR ARMS EVERY DAY. YOU HAVE TO DO IT THE CORRECT WAY OR ELSE ALL YOU WILL DO IS TEAR YOUR ARMS DOWN WITHOUT GIVING THEM A CHANCE TO RECOVER AND GROW. IN ORDER TO DO THIS PROPERLY THEN YOU WILL NEED TO UNDERSTAND THE FOLLOWING TERMINOLOGY SO THAT YOU CAN APPLY THESE TECHNIQUES TO THE WORKOUT PROGRAM FOUND IN THE NEXT SECTION OF THIS EBOOK.

"Remember that the formula to build muscle is to stimulate the muscle in the gym and then recover and grow while you rest."

ECCENTRIC VS CONCENTRIC

THERE ARE TIMES WHERE I WILL HAVE YOU FOCUS ON SLOWING DOWN EITHER THE ECCENTRIC OR CONCENTRIC PART OF THE LIFT. THE CONCENTRIC PART OF THE LIFT, SOMETIMES REFERRED TO AS THE "POSITIVE", IS THE ACTUAL LIFTING OF THE WEIGHT DURING THE REP. THE ECCENTRIC PART OF THE LIFT, ALSO KNOWN AS THE "NEGATIVE", IS THE LOWERING OF THE WEIGHT AFTER YOU'VE COMPLETED A REP.

IT'S IMPORTANT FOR YOU TO KNOW THE DIFFERENCE BETWEEN THE TWO FOR ANY PROGRAM OR WORKOUT THAT YOU WILL BE FOLLOWING. CONTROLLING THE TIME OF THE ECCENTRIC AND CONCENTRIC IS CALLED THE "TEMPO" OF EACH REP. MAINTAINING A CERTAIN TEMPO REQUIRED FOR EACH EXERCISE IS ONE OF THE FIRST STEPS TOWARDS HAVING GOOD FORM AND MAKING EACH REP "COUNT". WHILE I AGREE THAT SOMETIMES LOOSE FORM IS GREAT FOR BUILDING MUSCLE; I AM A FIRM BELIEVER THAT GOOD FORM IS CRUCIAL FOR SAFETY AND OVERALL MUSCULAR DEVELOPMENT. IT'S OK TO USE LOOSE FORM AT CERTAIN TIMES AND WITH CERTAIN WORKOUTS, BUT OVERALL YOU SHOULD BE WORKING ON YOUR TEMPO AND FORM TO DEVELOP BETTER LIFTING HABITS. IF YOU ONLY HAVE LOOSE FORM THEN YOU'LL MAKE HALF THE GAINZ AND END UP WITH INJURIES. TRUST ME ON THAT! I'VE BEEN THERE TOO!

I HAVE PERSONALLY FOUND THAT AN EXPLOSIVE CONCENTRIC AND A SLOWER/CONTROLLED ECCENTRIC TO BE THE BEST WAY TO LIFT. THIS WILL FORCE YOU TO CHOOSE A WEIGHT THAT YOU CAN HANDLE. IF YOU PICK A WEIGHT THAT'S TOO HEAVY THEN YOU WILL NOT BE ABLE TO CONTROL THE ECCENTRIC. IF YOU CAN'T CONTROL THE ECCENTRIC THEN YOU ARE PROBABLY USING SLOPPY FORM ON THE CONCENTRIC PART OF THE LIFT. IN RELATION TO THIS #EDIAD PROGRAM, SLOPPY FORM FOR BICEPS EXERCISES TYPICALLY ENDS UP WITH YOU GETTING A BETTER BACK WORKOUT THAN A BICEP WORKOUT. CONTROL THE TEMPO AND WEIGHT WITH EACH REP AND YOU WILL GUARANTEE THAT THE BICEPS WILL BE GETTING ALL OF THE WORK. YOU CAN BUILD YOUR BACK ON BACK EXERCISES, SO FOCUS ON THE BICEPS ON BICEPS EXERCISES!

LATER IN MY LIFTING YEARS, I FOUND THAT SLOWING DOWN THE CONCENTRIC IS ALSO A GOOD TECHNIQUE TO USE. MUSCLE IS MADE UP OF DIFFERENT FIBERS AND SOME RESPOND BETTER TO QUICK CONTRACTIONS WHILE OTHERS RESPOND BETTER TO SLOWER CONTRACTIONS. A GOOD EXAMPLE IS PEOPLE WHO BUILD MUSCLE USING ISOMETRIC HOLDS WITH WEIGHTS AND BODYWEIGHT MOVEMENTS. I'VE SEEN PLENTY OF PEOPLE DEVELOP MUSCULAR BACKS BY SIMPLY DOING PULL-UPS AND OTHER BAR RELATED WORKOUTS AND CALISTHENICS.

THERE IS A DECENT AMOUNT OF RESISTANCE WITH PULL-UPS THAT CAN STIMULATE MUSCLE GROWTH, BUT ONCE YOU CAN EASILY PERFORM MORE THAN 8-12 IN A ROW (COMMON HYPERTROPHY REP RANGE) THEN THE RESISTANCE WON'T BE ENOUGH TO STIMULATE MUSCLE GROWTH ON IT'S OWN. THIS IS TYPICALLY WHERE I SEE PEOPLE ADD PAUSES DURING THE LIFT OR MAINTAIN A STRETCH AT THE BOTTOM. THEY ARE USING TEMPO AND ISOMETRIC HOLDS DURING THESE LIFTS TO MAKE THE PULL-UP HARDER. IN TURN THEY ARE BUILDING MUSCLE AND STRENGTH WITHOUT EVEN HAVING TO USE WEIGHTS!

IF YOU'RE READING THIS EBOOK THEN YOU'RE NOT A CRAZY PERSON AND YOU LIFT WEIGHTS, SO YOU CAN IMAGINE HOW A SLOWER TEMPO AND EVEN ISOMETRIC HOLDS WITH WEIGHTS CAN BUILD MUSCLE WITHOUT HAVING TO TRAIN INSANELY HEAVY ALL THE TIME. DON'T GET ME WRONG, I LOVE TO TRAIN HEAVY, BUT IT HAS A TIME AND PLACE JUST LIKE ANY TECHNIQUE. I DON'T TRAIN HEAVY ON ALL SETS OF ALL EXERCISES. IT'S ONLY PART OF MY PROGRAM; IT'S NOT MY ENTIRE PROGRAM.

“CONTROLLING THE TIME OF THE ECCENTRIC AND CONCENTRIC IS CALLED THE “TEMPO” OF EACH REP. MAINTAINING A CERTAIN TEMPO REQUIRED FOR EACH EXERCISE IS ONE OF THE FIRST STEPS TOWARDS HAVING GOOD FORM AND MAKING EACH REP COUNT.”

GIANT SETS

GIANT SETS ARE SETS THAT INVOLVE MULTIPLE EXERCISES FOR THE SAME BODY PART(S) AS PART OF ONE COMPLETE SET. THIS MEANS THAT YOU WOULD PERFORM ALL REPS FOR EACH EXERCISE WITHOUT REST UNTIL THE ENTIRE GIANT SET IS COMPLETED. GIANT SETS ARE TYPICALLY USED TO PUSH THE MUSCLE TO FAILURE THROUGH THE MEANS OF USING VOLUME AND MULTIPLE ANGLES. THIS IS THE OPPOSITE OF THE TRADITIONAL METHOD OF REACHING FAILURE THAT USES HIGH INTENSITY AND ONLY ONE ANGLE AND EXERCISE.

IMAGINE YOUR BICEPS WORKOUT CONSISTS OF 4 EXERCISES FOR 3 SETS OF 8-12 REPS EACH EXERCISE. A TRADITIONAL SET SCHEDULE FOR THE WORKOUT WOULD HAVE YOU PERFORM 8-12 REPS PER SET OF EACH EXERCISE WITH REST IN BETWEEN EACH SET. IF WE WERE TO INCORPORATE THE GIANT SET METHOD THEN WE WOULD TAKE ALL 4 EXERCISES AND PERFORM 8-12 REPS PER EXERCISE BACK-TO-BACK WITHOUT ANY REST IN BETWEEN EXERCISES. WE WOULD REST ONCE WE COMPLETED THE 8-12 REPS FOR ALL 4 EXERCISES. WE WOULD THEN DO THIS FOR 3 TOTAL SETS.

IF YOU LOOK CAREFULLY THEN YOU WILL NOTICE THAT WE COMPLETED THE SAME NUMBER OF EXERCISES, SETS, AND REPS FOR BOTH THE TRADITIONAL AND GIANT SET METHOD. THE SAME AMOUNT OF WORK WAS COMPLETED BUT IT WAS DONE USING DIFFERENT INTENSITY AND REST APPLICATION. WE DECREASE THE REST BUT INCREASED THE VOLUME OF EACH SET DRAMATICALLY WITH THE GIANT SET METHOD. THIS MASSIVE INCREASE IN VOLUME ALSO HELPS INCREASE INTENSITY. A TRADITIONAL METHOD WOULD REQUIRE A FAIRLY HEAVY WEIGHT TO REACH THE INTENSITY THAT WE ARE AFTER. THE HIGH VOLUME AND MINIMAL REST GIANT SET METHOD ALLOWS US TO REACH A SIMILAR INTENSITY WITHOUT THE NEED TO USE A HEAVY WEIGHT. BOTH METHODS WORK, IT ALL JUST DEPENDS ON YOUR GOAL AND TIME CONSTRICTIONS ON THE DAY.

I LIKE TO USE GIANT SETS ON TWO OCCASIONS: 1.) I AM RUNNING OUT OF TIME AND NEED TO GET THE WORK IN OVER A SHORT AMOUNT OF TIME. 2.) I AM NOT FEELING STRONG AND WANT TO STILL MAKE THE WORK COUNT BY USING A LIGHTER WEIGHT.

GIANT SETS ARE A GREAT TECHNIQUE AND WORK FOR A WIDE VARIETY OF REASONS. I HOPE THAT YOU ENJOY THE GIANT SET THAT IS PART OF THIS PROGRAM!

"Giant sets are typically used to push the muscle to failure through the means of using volume and multiple angles. This is the opposite of the traditional method of reaching failure that uses high intensity and only one angle and exercise."

SUPER SETS

SUPER SETS ARE COMMONLY MISTAKEN FOR COMBINING TWO EXERCISES INTO ONE. A TRUE SUPER SET IS WHEN YOU COMBINE TWO EXERCISES FROM OPPOSING MUSCLE GROUPS. THIS IS #EDIAD SO A PERFECT EXAMPLE IS WHEN YOU WOULD COMBINE A BICEPS MOVEMENT WITH A TRICEPS MOVEMENT. I ALLOW PEOPLE TO TAKE IT A STEP FURTHER AND COMBINE EXERCISES WITH INDIRECT MOVEMENTS AS WELL. FOR EXAMPLE, WE KNOW THE BENCH PRESS WORKS THE TRICEPS SO WE COULD SUPERSET A DBELL CURL VARIATION WITH THE BENCH PRESS. THIS SHOULDN'T DISTRACT FROM YOUR WORK ON THE BENCH PRESS WHILE ALSO PROVIDING SOME EXTRA REPS TOWARDS BUILDING BIGGER BICEPS. THE TRICEPS ARE HIT HARD INDIRECTLY WITH THE BENCH PRESS AND NOW WE ARE WORKING ON BUILDING BIGGER ARMS ALONGSIDE BUILDING A BIGGER BENCH!

SUPERSETS WORK GREAT WITH ARMS. I RARELY USE SUPERSETS FOR ANYTHING OTHER THAN ARMS SO YOU CAN DEFINITELY EXPECT THEM TO BE IN THIS PLAN.

"A true super set is when you combine two exercises from opposing muscle groups."



DROP SETS

DROP SETS ARE GREAT METHODS TO ENSURE THAT WE ARE REACHING MUSCLE FAILURE. I ALSO LIKE TO USE THEM AS A FORM CORRECTION. I MAY GO A LITTLE TOO HEAVY FOR THE FIRST HALF OF MY SET AND USE A LOOSE FORM. I WILL DROP DOWN TO A MANAGEABLE WEIGHT WHEN I NOTICE THAT MY FORM IS TOO SLOPPY AND I'M NOT MOVING THE WEIGHT VERY WELL. WHEN I DROP THE WEIGHT DOWN I FOCUS ON PERFECT FORM. THIS ALLOWS ME TO TRAIN HEAVY AND LOOSELY FOLLOWED BY LIGHT AND STRICT IN THE SAME SET.

A TRADITIONAL DROP SET REQUIRES THAT YOU REACH MUSCLE FAILURE WITH A CERTAIN WEIGHT AND THEN YOU DECREASE THE RESISTANCE TO A WORKING WEIGHT AND TAKE THAT TO FAILURE AS WELL. YOU CAN CONTINUE TO DROP THE WEIGHT MULTIPLE TIMES, HOWEVER I HAVE FOUND THAT 1-2 DROPS SHOULD BE SUFFICIENT. IF YOU ARE DROPPING THE WEIGHT MORE THAN THAT THEN YOU NEED TO APPLY MORE INTENSITY TO YOUR FIRST COUPLE DROPS. YOU SHOULD TECHNICALLY REACH MUSCLE FAILURE WELL BEFORE THAT!

THERE ARE DAYS WHERE YOU WANT TO TRAIN YOUR ARMS TO MUSCLE FAILURE. DROP SETS ARE A GREAT WAY TO GUARANTEE THAT YOU DO THAT. THE PUMP YOU GET FROM SEVERAL GOOD DROP SETS CAN'T BE BEAT!!

"I may go a little too heavy for the first half of my set and use a loose form. I will drop down to a manageable weight when I notice that my form is too sloppy and I'm not moving the weight very well. When I drop the weight down I focus on perfect form."



COMPOUND SETS

COMPOUND SETS ARE SIMILAR TO A SUPER SET EXCEPT I LIKE TO COMBINE 2 EXERCISES THAT STIMULATE THE SAME MUSCLE. AN EXAMPLE WOULD BE HAMMER CURLS AND REVERSE GRIP BARBELL CURLS THAT YOU WILL SEE LATER IN THE WORKOUT PLAN. I LIKE USING COMPOUND SETS WHEN I WANT TO GET THE MOST WORK DONE FOR 1 MUSCLE IN THE SHORTEST AMOUNT OF TIME. THIS TECHNIQUE CAN ALSO ALLOW A PERSON TO PICK TWO EXERCISES FROM DIFFERENT ANGLES THAT ARE DESIGNED TO TRAIN THE SAME MUSCLE. IT IS IMPORTANT TO FIND THE RIGHT ANGLE FOR YOUR BODY FOR CERTAIN MUSCLES. SOME PEOPLE CAN "FEEL" A MUSCLE WORKING BETTER OR WORSE DEPENDING ON THE EXERCISE AND ANGLE OF THAT EXERCISE.

COMPOUND SETS CAN ALSO BE USED IN A DROP SET FASHION. FOR EXAMPLE, ONE COULD PERFORM A HEAVY BARBELL CURL FOLLOWED BY A LIGHT TO MODERATE CABLE BARBELL CURL. THESE ARE TECHNICALLY TWO DIFFERENT EXERCISES WITH DIFFERENT STRENGTH CURVES, BUT THEY ARE ALSO PERFORMED FROM THE SAME ANGLE AND WITH THE SAME FORM. THE "DROP" ASPECT OF IT IS THAT YOU CAN PERFORM ONE FREE WEIGHT MOVEMENT WITH HEAVY WEIGHT AND THEN DROP DOWN INTO A MACHINE MOVEMENT WITH THE SAME MOVEMENT PATTERN. THIS IS NOW COMBINING COMPOUND SETS AND DROP SETS INTO YOUR TRAINING. I DON'T WANT TO CONFUSE YOU THOUGH! I SIMPLY WANTED TO SHOW WHAT YOU COULD DO WITH YOUR TRAINING ONCE YOU UNDERSTAND HOW TO INCORPORATE SOME OF THESE TECHNIQUES!

"I like using compound sets when I want to get the most work done for 1 muscle in the shortest amount of time."



FAILURE TRAINING

FAILURE TRAINING IS A PRETTY SIMPLE CONCEPT, BUT ONE THAT A LOT OF PEOPLE SEEM TO STRUGGLE WITH. FIRST OF ALL, FAILURE TRAINING SUCKS. IT HURTS, YOU FEEL SICK, AND IT'S CHALLENGING. THAT SAID, THE REWARDS ARE GREAT FOR THOSE THAT ARE UP TO THE CHALLENGE.

MANY PEOPLE OFTEN CONFUSE MUSCLE FAILURE WITH CARDIO FAILURE. PEOPLE WILL PUSH THEMSELVES TO THE POINT WHERE THEIR CARDIOVASCULAR SYSTEM GIVES UP AND THEIR ENDURANCE GIVES UP LONG BEFORE THE MUSCLE COMPLETELY FAILS. IT'S A GREAT FEELING TO BE IN SUCH GOOD SHAPE THAT YOU CAN PUSH THE MUSCLE TO COMPLETE FAILURE WITHOUT GASPING FOR AIR ON TOP OF IT. MAKE SURE THAT YOU'RE CARDIOVASCULAR SHAPE IS UP TO PAR SO THAT YOU CAN PUSH YOUR MUSCLES TO COMPLETE FAILURE AND GET THE MOST STIMULATION AS POSSIBLE PER WORKOUT.

FAILURE TRAINING IS IMPORTANT TO UNDERSTAND BECAUSE YOU SHOULD BE TAKING AT LEAST ONE SET PER EXERCISE TO MUSCLE FAILURE. I WILL ADVOCATE FAILURE TRAINING FOR THE MAJORITY OF MY PROGRAMS AND WORKOUTS. THAT SAID, THERE ARE TIMES WHERE YOU WANT TO FOCUS MORE ON PUMP WORK OR ENDURANCE WORK COMPARED TO ALL OUT MUSCLE FAILURE. TRAINING FOR COMPLETE MUSCLE FAILURE HAS A TIME AND PLACE JUST LIKE MOST OTHER TECHNIQUES. #EDIAD WILL HAVE SOME MOVEMENTS WHERE FAILURE IS THE GOAL, AND OTHER MOVEMENTS WHERE SIMPLY MOVEMENT AND GETTING A PUMP IS THE GOAL. IT IS IMPORTANT FOR YOU TO RECOGNIZE THAT THERE WILL BE TIMES IN THIS PROGRAM WHERE YOU NEED TO TRAIN FOR FAILURE AND OTHER TIMES WHERE YOU WON'T.

"Make sure that you're cardiovascular shape is up to par so that you can push your muscles to complete failure and get the most stimulation as possible per workout."



PUMP TRAINING

I PERSONALLY BELIEVE THAT TRAINING FOR MUSCLE FAILURE IS THE BEST WAY TO STIMULATE MUSCLE GROWTH. HOWEVER, IF YOU TRAIN TO FAILURE TOO FREQUENTLY THEN THE BODY NEVER GETS THE CHANCE TO RECOVER. IT'S IMPORTANT THAT WE REST FOR RECOVERY AND THAT WE ALSO TRAIN FOR RECOVERY. CARDIO AND "PUMP" TRAINING CAN HELP SPEED UP RECOVERY AND KEEP THE BODY WORKING TOWARDS YOUR GOAL OF ADDED MASS. PUMP TRAINING AND FAILURE TRAINING ARE BOTH GREAT TECHNIQUES BUT TOO MUCH OF ONE OR THE OTHER AND YOU WILL BE TAKING STEPS BACKWARDS INSTEAD OF FORWARDS.

YOU UNDERSTAND THE SIMPLE CONCEPT OF TRAINING TO MUSCLE FAILURE. IT'S IN THE NAME. WELL IT SHOULD COME TO NO SURPRISE TO YOU THAT "PUMP TRAINING" IS SIMPLY TRAINING TO GET A PUMP WITHOUT REACHING MUSCLE FAILURE. THE "PUMP" DAYS ARE FUN DAYS BECAUSE YOU FOCUS ON FEELING THE PUMP AND SEEING IT IN THE MIRROR. THIS IS USUALLY ACCOMPLISHED WITH HIGHER VOLUME AND LESS INTENSITY. WE DON'T WANT TO TRAIN TO FAILURE OR USE A RIDICULOUSLY HEAVY WEIGHT FOR PUMP WORK. PUMP WORK IS MUCH EASIER BUT STILL SERVES A PURPOSE IN THE BIG PICTURE.

I BELIEVE THAT PUMP WORK CAN HELP TRAIN THE MUSCLE TO STORE MORE GLYCOGEN AND HYDRATION. THIS HELPS THE MUSCLE MAINTAIN A PUMP SO LONG AS REST AND NUTRITION ARE ON POINT. BUILDING MUSCLE TISSUE IS ONLY ONE WAY TO MAKE A MUSCLE BIGGER. THE OTHER WAY IS TO TRAIN THE MUSCLE TO STAY PROPERLY HYDRATED AND FULL OF MUSCLE GLYCOGEN. A PUMP ALSO HELPS PUMP BLOOD, HYDRATION, GLYCOGEN, CREATINE, ETC. INTO THE MUSCLE. IF WE USE THE PROPER PERI-WORKOUT NUTRITION THEN WE CAN USE THESE PUMP DAYS TO FILL A MUSCLE UP WITH ALL THE NECESSARY INGREDIENTS FOR MAXIMAL RECOVERY. IN THEORY, THIS SHOULD SHORTEN THE AMOUNT OF TIME WE NEED TO RECOVER IN BETWEEN SESSIONS AND ALLOW US TO TRAIN HARD AGAIN SOONER THAN NORMAL.

REMEMBER THE THEORY THAT BEING ABLE TO STIMULATE AND RECOVER MORE FREQUENTLY WILL YIELD MORE GAINS? THE PUMP WORK IS DESIGNED TO HELP MORE WITH THE RECOVERY ASPECT THAN THE STIMULATION ASPECT. SAVE THE STIMULATION FOR THE MUSCLE FAILURE TRAINING.

"Cardio and "pump" training can help speed up recovery and keep the body working towards your goal of added mass. Pump Training and Failure Training are both great techniques but too much of one or the other and you will be taking steps backwards instead of forwards."

FREQUENCY

FREQUENCY IS THE TERM USED TO DESCRIBE HOW OFTEN YOU TRAIN A MUSCLE IN ANY GIVEN TIME PERIOD (TYPICALLY IN A WEEK). TRAINING ARMS EVERY DAY IS ABOUT AS HIGH FREQUENCY AS YOU CAN GET. IF WE TRAINED ARMS ONCE PER WEEK THEN THAT IS A LOW FREQUENCY TRAINING PROGRAM.

I WANTED TO BRIEFLY EXPLAIN WHAT FREQUENCY MEANS TO A WORKOUT PLAN BECAUSE IT IS ONE OF THE KEY FACTORS YOU WILL ADDRESS WHEN YOU CREATE OR FOLLOW ANY WORKOUT ROUTINE. FREQUENCY FITS IN ALONGSIDE THE NEXT TWO TERMS WITH INTENSITY AND VOLUME.

"Frequency is the term used to describe how often you train a muscle in any given time period (typically in a week)."

INTENSITY

INTENSITY IS SIMPLY HOW HARD YOU ARE PUSHING A MUSCLE DURING TRAINING. TYPICALLY HIGH INTENSITY IS SYNONYMOUS WITH HEAVY LIFTING AND LOW INTENSITY IS SYNONYMOUS WITH BODY WEIGHT MOVEMENTS AND LIGHT WEIGHT EXERCISES.

IT'S IMPORTANT TO RECOGNIZE THAT WE CAN USE VOLUME (REMEMBER GIANT SETS??) TO ADD INTENSITY TO A LIGHTER WEIGHT. WE JUST HAVE TO LIFT THAT WEIGHT FAR MORE TIMES WITH LESS REST THAN WE WOULD DO WITH A HEAVIER ONE. REGARDLESS, WE CAN ADJUST VOLUME TO DICTATE THE INTENSITY OF A WORKOUT. WE CAN ADJUST INTENSITY BASED ON THE FREQUENCY OF OUR WORKOUT SESSIONS. IS IT STARTING TO MAKE SENSE NOW?

"Typically high intensity is synonymous with heavy lifting and low intensity is synonymous with body weight movements and light weight exercises."

VOLUME

VOLUME IS THE LAST PIECE TO THE PUZZLE. VOLUME IS SIMPLY THE TOTAL NUMBER OF REPS AND AMOUNT OF WORK THAT YOU WILL BE DOING. A HIGH FREQUENCY, HIGH INTENSITY, HIGH VOLUME PLAN WILL BE A BEAST OF A WORKOUT PROGRAM BUT IT WILL PROBABLY CAUSE AN INJURY DOWN THE ROAD. WE MUST ADJUST LIKE FREQUENCY, INTENSITY, AND VOLUME IN ORDER TO ALLOW FOR PROPER RECOVERY DURING THE WORKOUT PROGRAM. WE MAY LIKE THE HIGH FREQUENCY TRAINING IDEA, BUT WE MAY THEN NEED TO LOWER THE INTENSITY AND INCREASE THE VOLUME TO STILL STIMULATE GROWTH. WE HAVE THE ABILITY TO PLAY AROUND WITH THESE THREE THEMES WITHIN A WORKOUT PLAN AND FIND THE ONE THAT WORKS BEST FOR US AT THAT TIME. I'VE HAD PERIODS OF MY LIFE WHERE HIGH INTENSITY/MODERATE FREQUENCY/MODERATE VOLUME PLANS GAVE ME THE MOST GAINS. TO THIS DAY I WOULD SAY THAT IS STILL MY FAVORITE WAY TO TRAIN MOST BODY PARTS. HOWEVER, I HAVE USED LOW INTENSITY/HIGH FREQUENCY/HIGH VOLUME PLANS SEVERAL TIMES WITH SUCCESS AS WELL! MY ARMS HAVE RESPONDED BEST TO MODERATE INTENSITY/HIGH FREQUENCY/HIGH VOLUME LIKE THE PLAN IN THIS EBOOK. WHAT WORKS FOR YOU THIS MONTH MIGHT NOT WORK FOR YOU NEXT YEAR, SO YOU WILL HAVE TO CONSTANTLY TRACK AND ADJUST TO CONTINUE SEEING PROGRESS.

IF YOU CAN TRULY GRASP THESE CONCEPTS THEN YOU HAVE A VERY GOOD FOUNDATION FOR CREATING YOUR VERY OWN WORKOUT PLANS FROM SCRATCH!

"Volume is simply the total number of reps and amount of work that you will be doing."



ARM BLASTER

THE ARM BLASTER IS A PIECE OF EQUIPMENT THAT HELPS KEEP THE ELBOWS IN THE PROPER POSITION DURING MOST CURLING EXERCISES. THIS PIECE OF EQUIPMENT ALSO HELPS TO PREVENT "CHEATING" A REP AND ALLOWS YOU TO PLACE MORE FOCUS AND EMPHASIS ON THE CONTRACTION OF THE BICEPS. ESSENTIALLY, THIS PIECE OF EQUIPMENT WILL MAKE SURE THAT YOU ARE APPLYING ALL THE STRESS TO THE BICEPS AND USE THE BICEPS TO MOVE THE WEIGHT. THIS SHOULD HELP GUARANTEE THAT YOU ARE ABLE TO REACH MUSCLE HYPERTROPHY IN YOUR BICEPS AND HELP YOU MAKE MORE GAINZ! THE ARM BLASTER IS ONE OF MY FAVORITE TOOLS TO USE TO BUILD MY ARMS. ARNOLD USED IT AND YOU SHOULD TOO! I HAVE INCLUDED THIS INTO THE PROGRAM, SO IF YOUR GYM DOESN'T HAVE AN ARM BLASTER THEN I SELL THEM ON WWW.BMFITGEAR.COM. OTHER COMPANIES MAKE THEM TOO SO YOU DON'T HAVE TO USE MINE, BUT SERIOUSLY MINE ARE DOPE AND I KNOW YOU'LL LIKE THEM.

OCCLUSION TRAINING

THE SIMPLE EXPLANATION OF OCCLUSION TRAINING IS USING WRAPS TO HELP INCREASE BLOOD FLOW RETENTION IN THE MUSCLE. THE THEORY IS THAT THIS RETENTION OF BLOOD FLOW, AND BIGGER PUMP, CAN HELP STIMULATE MUSCLE HYPERTROPHY AND LEAD TO MUSCLE GROWTH. I HAVE ONLY RECENTLY STARTED ADDING OCCLUSION TRAINING INTO MY PROGRAM AND I LIKE IT JUST BECAUSE IT GIVES ME A BIGGER PUMP! IF IT HELPS BUILD MUSCLE TOO THEN IT'S A WIN-WIN! AT THE TIME OF WRITING THIS I AM STOCKED ON STRAPS USED FOR OCCLUSION TRAINING AT WWW.BMFITGEAR.COM. I WILL GIVE AN OPTION ON WHAT EXERCISES TO USE THESE WITH BELOW!



WORKOUT SPLIT

THIS WILL BE THE WORKOUT SPLIT THAT YOU FOLLOW FOR THE DURATION OF THIS PROGRAM. YOU CAN START THE PROGRAM ON ANY DAY OF THE WEEK, BUT MAKE NOTE THAT THERE IS ONLY ONE REST DAY PER WEEK. YOU WILL BE GOING TO THE GYM A LOT. PROPER SLEEP, HYDRATION, AND NUTRITION ARE IMPORTANT TO MAKE THE MOST OF THIS PROGRAM. GET YOUR MIND IN THE RIGHT PLACE NOW. YOU'LL NEED TO BE READY!!

DAY 1: BACK AND BICEPS
DAY 2: CHEST, SHOULDERS, AND TRICEPS
DAY 3: LEGS AND FOREARMS
DAY 4: BICEPS, TRICEPS, AND ABS
DAY 5: MANDATORY REST
DAY 6: REPEAT STARTING WITH DAY 1

I HAVE CHOSEN TO GO WITH A HIGH FREQUENCY PLAN SINCE THE NAME OF THIS BOOK IS "EVERY DAY IS ARM DAY" AND IT REVOLVES AROUND TRAINING ARMS EVERY WORKOUT DAY. THIS WORKOUT SPLIT IS 4 DAYS ON WITH 1 MANDATORY REST DAY. THIS MEANS YOU WILL WORKOUT 4 DAYS IN A ROW, TAKE 1-DAY REST, AND THEN START BACK AGAIN WITH THE WORKOUT FROM DAY 1. SOME OF YOU MAY REQUIRE MORE REST THAN THIS AND THAT IS FINE. I WILL GO OVER INCORPORATING MORE REST DAYS IN A LATER CHAPTER OF THIS PROGRAM. FOR NOW I WANT TO FOCUS ON THE WORKOUT PLAN.

ARMS ASIDE, THIS IS STILL A HIGH FREQUENCY WORKOUT PLAN. YOU WILL HIT EVERY MUSCLE GROUP AT LEAST ONCE OVER 4 DAYS, REST ONLY 1 DAY, AND THEN REPEAT. THIS IS GREATER THAN THE STANDARD OF TRAINING EACH MUSCLE ONCE PER WEEK, SO I AM LABELING IT HIGH FREQUENCY. IT IS TRULY HIGH FREQUENCY WHEN IT COMES TO ARM TRAINING BECAUSE YOU WILL BE DOING SOMETHING FOR ARM TRAINING EVERY SINGLE DAY THAT YOU WORKOUT. THAT IS AN EXTREMELY HIGH FREQUENCY PLAN FOR BUILDING BIGGER ARMS, BUT ONE THAT IS DONE WITH THOUGHT BEHIND IT. REMEMBER, WE AREN'T JUST TRAINING ARMS EVERY DAY; WE ARE INCORPORATING A VARIETY OF TECHNIQUES TO HELP YOUR BODY HANDLE THE WORKLOAD AND CONTINUE TO MAKE PROGRESS.

DAY 1: BACK AND BICEPS

CHIN UPS: 3 SETS OF BODYWEIGHT TO FAILURE WITH 30 SECONDS REST IN BETWEEN SETS.

THE CHIN UP IS AN EXCELLENT BACK DEVELOPER AND WILL ALSO GIVE YOUR BICEPS A GREAT WORKOUT ON THEIR OWN! I LIKE TO PLACE A PULL-UP VARIATION FIRST ON MY BACK DAYS BECAUSE IT IS A BODYWEIGHT MOVEMENT. BODYWEIGHT MOVEMENTS ARE GENERALLY SAFER THAN FREE WEIGHT MOVEMENTS AND THIS IS A GREAT OPPORTUNITY TO WARM UP BOTH THE BACK AND BICEPS BEFORE GETTING INTO THE HEAVIER TRAINING ON THE DAY. THIS IS A FAILURE TRAINING EXERCISE FOR ALL 3 SETS. MOST PEOPLE CAN'T PERFORM THAT MANY CHIN-UPS SO FAILURE TRAINING WILL NOT BE DEPLETING YOUR ENERGY FOR THE REST OF THE WORKOUT. PLEASE PERFORM FULL REPS. IF YOU GET TO THE POINT WHERE YOU CAN'T PERFORM FULL REPS THEN STOP AND MOVE ON WITH THE WORKOUT. I WANT YOU TO FOCUS ON QUALITY REPS OVER QUANTITY. TAKE THIS EXERCISE TO FAILURE, BUT WHEN YOU FAIL TO COMPLETE A FULL REP THEN STOP! DON'T TRY AND GRIND OUT HALF REPS AT THIS POINT IN THE WORKOUT.

WIDE OVERHAND GRIP LAT PULLDOWN: 4 SETS OF 8-12 REPS WITH 1-MINUTE REST IN BETWEEN SETS.

***I WANT YOU TO PERFORM THE LAST SET A DROP SET TO FAILURE.**

THIS IS THE FIRST EXERCISE OF THE PROGRAM THAT INCORPORATES A DROP SET. DROP SETS ARE TYPICALLY DONE TO FAILURE OTHERWISE YOU WOULDN'T HAVE A REASON TO "DROP" THE WEIGHT FOR THE LATER PORTION OF THE SET. YOU WILL INCREASE THE INTENSITY AND PERFORM YOUR LAST SET TO FAILURE ONLY. YOU SHOULD KEEP THE INTENSITY LOW AND LEAVE SOME "IN THE TANK" ON THE FIRST 3 SETS. I SUGGEST STARTING OUT LIGHT FOR YOUR FIRST SET AND INCREASING THE WEIGHT EACH SET WITH YOUR LAST SET BEING THE HEAVIEST. THIS IS ALSO FOLLOWING IN LINE WITH THE CHIN UP EXERCISE WITH A SLIGHT VARIATION. YOU WILL NOW USE A WIDER OVERHAND GRIP COMPARED TO THE NARROWER UNDERHAND GRIP THAT YOU USED WHILE PERFORMING THE CHIN-UPS. THIS MOVEMENT WILL WORK SIMILAR MUSCLES AS THE CHIN UP BUT THE CHANGE IN HAND POSITION ALLOWS FOR MORE RECRUITMENT OF THE MID/UPPER BACK COMPARED TO A CHIN UP VARIATION.

THIS IS THE LAST EXERCISE TARGETING THE BACK FROM THIS ANGLE, SO I WANTED TO INCLUDE THE DROP SET TO FAILURE TO HELP ENSURE THAT YOU ARE STIMULATING MUSCLE GROWTH!

SINGLE ARM DBELL ROW: 4 SETS OF 8-12 REPS PER ARM WITH 30 SECONDS REST IN BETWEEN ARMS.

THIS IS YOUR "HEAVY" ROWING MOVEMENT FOR YOUR BACK DAY. I WANTED TO INCORPORATE A ROW THAT TARGETS THE MID BACK/SCAPULA AREA TO MAKE SURE THAT WE AREN'T JUST FOCUSING ALL ON THE LATS. YOU SHOULD START WITH LOWER INTENSITY AND A LIGHT WEIGHT FOR YOUR FIRST SET AND INCREASE THE INTENSITY AND WEIGHT WITH EACH SET AS YOU GO. YOUR LAST SET SHOULD BE A FAILURE SET WHERE YOU WILL PICK A WEIGHT THAT YOU SHOULD REACH MUSCLE FAILURE IN THE 8-12 REP RANGE. IF YOU GET MORE REPS THAN 12 THEN YOU NEED TO INCREASE THE WEIGHT NEXT TIME.

CLOSE GRIP CABLE ROW: 4 SETS OF 8-12 REPS WITH 1-MINUTE REST IN BETWEEN SETS.

***I WANT YOU TO PERFORM THE LAST SET AS A DROP SET TO FAILURE.**

THE CLOSE GRIP CABLE ROW IS PREDOMINANTLY A ROWING LAT MOVEMENT. YOU WILL ALSO INCORPORATE SOME OF THE MID BACK/SCAPULA AREA JUST LIKE THE DBELL ROW. YOU SHOULD INCREASE THE WEIGHT AND INTENSITY WITH EACH SET JUST LIKE THE DBELL ROW AND LAT PULLDOWN, AND HAVE YOUR HEAVIEST WEIGHT PERFORMED ON THE LAST SET. CABLE MOVEMENTS ARE GREAT FOR DROP SETS SO I HAVE ADDED THE DIFFICULTY OF MAKING THIS A DROP SET TO FAILURE INSTEAD OF JUST A FAILURE SET. YOU SHOULD PICK A WEIGHT THAT YOU REACH MUSCLE FAILURE IN THE 8-12 REP RANGE. AS SOON AS YOU REACH FAILURE THEN YOU WANT TO DROP THE WEIGHT BY 20-30% AND PERFORM AS MANY REPS UNTIL YOU REACH FAILURE AGAIN. ONE DROP SHOULD BE PLENTY, BUT IF YOU'RE UP FOR IT YOU CAN DROP THE WEIGHT A SECOND TIME AND GO TO FAILURE ONCE MORE. IF YOU NEED TO DROP IT AGAIN AFTER THAT THEN YOU NEED TO PUSH YOURSELF HARDER ON THE ORIGINAL SET.



BARBELL OR DBELL SHRUGS: 5 SETS OF 12-15 REPS WITH 30 SECONDS REST IN BETWEEN SETS.

IT WOULDN'T BE A COMPLETE BACK DAY WITHOUT TARGETING THE TRAPS. THERE IS NOTHING SPECIAL TO NOTE HERE EXCEPT THAT I WANT YOU TO KEEP THE INTENSITY AND WEIGHT MODERATE SO THAT YOU CAN PERFORM COMPLETE REPS. MOST PEOPLE TRAIN TOO HEAVY ON SHRUGS AND THEY DO PARTIAL REPS. PARTIAL REPS HAVE THEIR PLACE, BUT I WANT YOU TO FOCUS ON VOLUME AND QUALITY REPS WITH FULL RANGE OF MOTION TODAY. SLOW YOUR TEMPO DOWN AND FOCUS ON THE CONTRACTION OF EACH REP. YOU CAN PERFORM BARBELL OR DBELL SHRUGS DEPENDING ON YOUR PREFERENCE THAT DAY.

STANDING ALTERNATING DBELL CURL: 3 SETS OF 10 REPS PER ARM WITH 1-MINUTE REST IN BETWEEN SETS.

NOW WE GET INTO THE FUN PART! IT'S FINALLY TIME TO TRAIN ARMS!!! I'VE CHOSEN A VERY BASIC, YET PROVEN, BICEP EXERCISE FOR YOUR FIRST BICEP MOVEMENT OF THE PROGRAM. YOUR BICEPS SHOULD BE VERY FATIGUED FROM THE BACK MOVEMENTS AT THIS POINT. YOU SHOULD APPROACH ALL THE ARM MOVEMENTS ON THIS WORKOUT DAY WITH "PUMP" TRAINING IN MIND. YOU CAN STILL USE A MODERATE TO HEAVY WEIGHT FOR ALL 3 SETS SINCE THE BICEPS ARE ALREADY WARMED AND FATIGUED. THERE IS NO NEED TO INCREASE THE WEIGHT WITH EACH SET BECAUSE WE ARE NOT TRAINING TO COMPLETE FAILURE FOR OUR BICEPS MOVEMENTS TODAY. IT'S ALL ABOUT VOLUME WITH THE BICEPS EXERCISES TODAY. I WANT YOU TO FOCUS ON THE TEMPO AND QUALITY OF EACH REP INSTEAD OF TRYING TO LIFT TOO HEAVY AND SACRIFICE FORM. PICK A WEIGHT THAT YOU CAN COMPLETE 10 REPS WITH STRICT FORM. IT SHOULDN'T BE EASY, BUT IT SHOULD BE DOABLE. IF YOU FAIL TO GET 10 REPS ON A SET THEN DROP THE WEIGHT BY 5-10LBS FOR THE NEXT SET. AGAIN, YOU'RE NOT GOING BEAST MODE HERE... YOU'RE FOCUSING ON COMPLETING QUALITY REPS AND GETTING AS BIG OF A PUMP AS POSSIBLE IN YOUR BICEPS.



DBELL PREACHER CURL: 3 SETS OF 10 REPS PER ARM WITH 30 SECONDS REST IN BETWEEN ARMS.

YOUR BICEPS SHOULD NOW BE PUMPED AND FATIGUED. IT'S IMPORTANT THAT YOU DO NOT USE A HEAVY WEIGHT FOR THIS MOVEMENT. THE PREACHER CURL IS AN EXCELLENT BICEP MOVEMENT, BUT IT CAN BE DANGEROUS IF YOU TRAIN IRRESPONSIBLY. I WANT YOU TO KEEP THE INTENSITY DOWN, WEIGHT LIGHT TO MODERATE, AND FOCUS ON YOUR TEMPO AND STRICT FORM. YOU SHOULD BE ABLE TO GET 10 COMPLETE REPS PER SET WITHOUT HAVING TO SACRIFICE FORM OR FEEL LIKE YOU ARE STRUGGLING AND REACHING MUSCLE FAILURE. FOCUS ON THE FORM AND THE VOLUME. WE ARE CHASING A PUMP HERE! DON'T WORRY ABOUT GRINDING OUT REPS WITH HEAVY WEIGHT! WE WILL TRAIN ARMS EVERY DAY OF THIS PROGRAM. IF YOU KEEP YOUR INTENSITY TOO HIGH THROUGHOUT THIS PROGRAM THEN YOU'LL NEVER RECOVER AND YOU WON'T MAKE ANY PROGRESS!

BARBELL CABLE CURL (DROP SET): 3 SETS OF 10 REPS WITH 1-MINUTE REST IN BETWEEN SETS.

***I WANT YOU TO APPLY A 5 SECOND ECCENTRIC (NEGATIVE) PART OF THE LIFT FOR EACH REP.**

WE ARE FINISHING TODAY'S WORKOUT WITH A CABLE BARBELL CURL. THE STRENGTH CURVE IS THE WAY THE WEIGHT LOADS ONTO THE MUSCLE DURING CONTRACTION. THE CABLE MOVEMENTS TEND TO HAVE A DIFFERENT STRENGTH CURVE THAN THE FREE WEIGHT MOVEMENTS. I AM CHOOSING THE CABLE BARBELL CURL BECAUSE I HAVE ADDED THE CHALLENGE OF A 5 SECOND ECCENTRIC ON EACH REP. YOU CAN REST AT THE TOP OF A FREE WEIGHT BARBELL CURL IF YOU GET THE ELBOWS UNDERNEATH THE BAR. THE STRENGTH CURVE OF THE CABLE WILL STILL APPLY THE SAME RESISTANCE AT THE TOP OF THE LIFT AND TAKE AWAY THE TEMPTATION TO REST AT THE TOP OF THE CONTRACTION. I WANT YOU TO KEEP THE TEMPO SMOOTH AND COUNT TO 5 SECONDS AS YOU LOWER THE WEIGHT BACK TO THE STARTING POSITION. I WANT IT TO BE A TRUE 5 SECONDS TOO! DON'T JUST COUNT FAST AND CALL IT 5 SECONDS WHEN IT WAS REALLY ONLY 2-3. YOUR BICEPS WILL BE SCREAMING AT THIS POINT AND WE ARE GOING TO FINISH THEM OFF WITH SOME TORTUROUS PUMP WORK BY INCORPORATING THE SLOW ECCENTRIC. PICK A WEIGHT THAT'S LIGHT TO MODERATE. THOSE 5 SECOND ECCENTRICS WILL CREEP UP ON YOU IN THE LATER REPS OF THE SET IF YOU'RE NOT CAREFUL!

DAY 2: CHEST, SHOULDERS, AND TRICEPS

CABLE CROSSOVER COMPOUND SET W/PUSH UPS: 4 SETS OF 12-15 REPS ON THE CABLE CROSSOVER FOLLOWED BY 10 PUSH-UPS WITH 1-MINUTE REST IN BETWEEN SETS.

HERE IS YOUR EXAMPLE OF A GREAT COMPOUND SET TO START YOUR BODYBUILDING CHEST DAY. BOTH MOVEMENTS TRAIN THE CHEST WHILE STILL INCORPORATING THE DELTS AND TRICEPS. I WANT YOU TO START WITH THE CABLE CROSSOVER AND FOLLOW THAT WITH PUSH-UPS. IF YOU CAN'T COMPLETE 10 PUSH-UPS THEN DO AS MANY AS YOU CAN. IF YOU CAN COMPLETE MORE THAN 10 PUSH-UPS THEN DON'T DO IT. THIS IS NOT A HIGH INTENSITY EXERCISE AND WE ARE NOT TRAINING TO FAILURE. THIS IS A VOLUME EXERCISE DESIGNED TO HELP PUMP SOME BLOOD INTO THE WORKING MUSCLES ON THE DAY. THINK OF IT AS AN AGGRESSIVE WARM UP PRIOR TO THE HEAVY LIFTING.

FLAT BARBELL BENCH PRESS: 4 SETS OF 8-12 REPS WITH 1-MINUTE REST IN BETWEEN SETS.

NOW YOU CAN UP THE INTENSITY AND GET TO WORK! THE CABLE CROSSOVER AND PUSH-UPS SHOULD HAVE HELPED YOU WARM UP AND GET READY FOR THE HEAVIER LIFTING ON THE BENCH PRESS. IF YOU NEED MORE TIME TO WARM UP THEN MAKE SURE TO TAKE YOUR TIME AND DO SO. I MENTIONED PREVIOUSLY THAT THE BARBELL BENCH PRESS IS ACTUALLY A GREAT TRICEPS BUILDER AMONG OTHER MUSCLES LIKE THE CHEST AND DELTS. I WANT YOU TO KEEP THE WEIGHT LIGHT TO MODERATE FOR YOUR FIRST SET AND INCREASE THE WEIGHT AND INTENSITY WITH EACH SET. YOUR LAST SET SHOULD BE THE HEAVIEST AND YOU SHOULD TAKE THIS SET TO FAILURE (MAKE SURE TO HAVE A SPOTTER!). STRIVE TO INCREASE THE WEIGHT OR NUMBER OF REPS EACH TIME YOU BENCH DURING THIS PROGRAM. IF YOU CAN COMPLETE 12 REPS WITH A CERTAIN WEIGHT THEN INCREASE THE WEIGHT BY 5-10LBS THE NEXT TIME YOU BENCH. IF YOU FAIL TO GET 8 REPS THEN YOU WENT TOO HEAVY AND NEED TO DECREASE THE WEIGHT BY 5-10LBS THE NEXT TIME YOU BENCH. IF YOU LAND ANYWHERE IN THE 8-11 REP RANGE THEN YOU SHOULD KEEP THE WEIGHT THE SAME AND STRIVE TO GET AT LEAST 1 MORE REP THE NEXT TIME YOU BENCH.



DBELL INCLINE PRESS: 4 SETS OF 8-12 REPS WITH 1-MINUTE REST IN BETWEEN SETS.

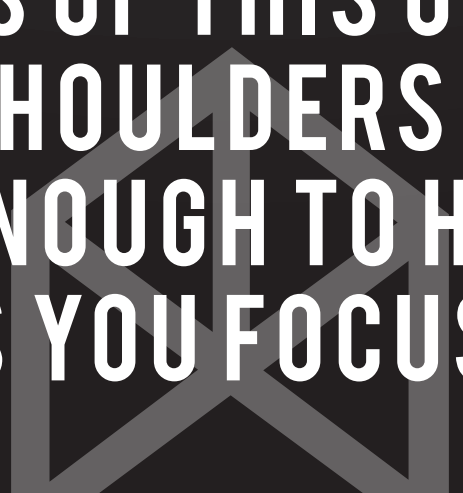
IF YOU TRAINED HARD ON THE BENCH PRESS THEN YOUR CHEST, SHOULDERS, AND TRICEPS SHOULD BE PUMPED AND FATIGUED AT THIS POINT. KEEP THE INTENSITY AND WEIGHT MODERATE ON THIS MOVEMENT AND FOCUS ON YOUR TEMPO AND FORM. WE ARE NOT TRAINING TO FAILURE WITH THIS MOVEMENT AND INSTEAD ARE FOCUSED ON VOLUME AND THE PUMP. FEEL FREE TO ADJUST THE INCLINE BENCH TO A SETTING THAT FEELS BEST TO YOU. YOU CAN PERFORM A LOW INCLINE OR A HIGH INCLINE. I DON'T WANT YOU WORRYING ABOUT THE HEIGHT OF THE INCLINE SO LONG AS IT'S AN INCLINE BENCH AND NOT A FLAT BENCH. THIS MOVEMENT ALLOWS BOTH SIDES OF YOUR BODY TO WORK INDEPENDENTLY OF ONE ANOTHER. IT'S A GREAT WAY TO MAKE SURE THAT BOTH SIDES ARE GETTING EQUAL WORK COMPARED TO BARBELL EXERCISES WHERE YOU MAY NOTICE A DOMINANT SIDE TAKING OVER. I LIKE TO INCORPORATE DBELL PRESSING INTO MY CHEST WORKOUT SIMPLY FOR THAT REASON. YOU WILL ALSO GET THE CHANCE TO WORK ON INCREASING SHOULDER STABILITY THAT WILL CARRY OVER TO WIDE VARIETY OF OTHER EXERCISES.

GIANT SET: 4 SETS OF 8-12 REPS WITH 1-MINUTE REST IN BETWEEN SETS.

***PERFORM THE GIANT SET EXERCISES IN THE ORDER BELOW.**

**(ARNOLD PRESS)
(BODY WEIGHT DIPS)
(DBELL LATERAL RAISE)
(DBELL FRONT RAISE)
(REVERSE DBELL FLYE)**

HERE IS YOUR CHANCE TO EXPERIENCE THE GIANT SET THAT I MENTIONED EARLIER IN THIS PROGRAM. I'VE DECIDED TO USE A GIANT SET FOR YOUR SHOULDER WORK IN THIS EBOOK BECAUSE WE DON'T HAVE A LOT OF TIME TO DEDICATE STRICTLY TO SHOULDERS. THE 4 SETS OF THIS GIANT SET COMBINED WITH THE INDIRECT WORK THE SHOULDERS GOT ON THE CHEST MOVEMENTS SHOULD BE ENOUGH TO HELP YOU CONTINUE TO MAKE SHOULDER GAINS AS YOU FOCUS ON BUILDING BIGGER ARMS.



THIS IS A PURE VOLUME TECHNIQUE SO YOU DON'T NEED TO USE HEAVY WEIGHTS ON THESE MOVEMENTS. IF YOU FIND YOURSELF USING A WEIGHT THAT'S TOO HEAVY THEN DON'T HESITATE TO GRAB A LIGHTER WEIGHT AS YOU CONTINUE WITH THE GIANT SET. YOU'LL START WITH THE ARNOLD PRESS AND DIPS AS THOSE TWO WILL BE VERY DIFFICULT TO PERFORM WHEN FATIGUED. YOU'LL END WITH 3 RAISES THAT WORK EACH OF THE 3 HEADS OF THE DELTOIDS. CHECK YOUR EGO AND USE A WEIGHT THAT ALLOWS FOR PERFECT FORM ON ALL EXERCISES. IT WILL FEEL EASY TO START BUT I GUARANTEE YOU WILL HATE LIFE AS YOU GET NEAR THE END OF THE SET. IF YOU CAN COMPLETE THIS GIANT SET WITH EASE THEN YOU WENT A LITTLE TOO LIGHT ON THE WEIGHT. IF THAT IS THE CASE THEN INCREASE THE WEIGHT FOR THE NEXT SET. YOU AREN'T TRAINING TO FAILURE BUT THE LAST COUPLE EXERCISES OF THIS GIANT SET SHOULD BE DIFFICULT. PUSH YOURSELF BUT DON'T KILL YOURSELF HERE.

V-GRIP PRESS DOWN (DROP SET): 4 SETS OF 8-12 REPS WITH 30 SECONDS REST.

***I WANT YOU TO PERFORM THE LAST SET AS A DROP SET TO FAILURE.**

YOUR TRICEPS SHOULD STILL BE PUMPED AND A LITTLE FATIGUED FROM THE CHEST WORK EARLIER IN THIS WORKOUT. THAT SAID, THE GIANT SET SHOULD HAVE ALLOWED YOUR TRICEPS TO REST A LITTLE BIT SO THEY WILL BE FRESH FOR THE DIRECT TRICEPS WORK ON THE DAY. AFTER ALL, THE TRICEPS ARE WHY WE ARE HERE TODAY!! I WANT YOU TO KEEP THE INTENSITY UP WITH THIS MOVEMENT AND INCREASE THE WEIGHT WITH EACH SET. YOU WILL PERFORM A DROP SET TO FAILURE FOR YOUR LAST SET. DON'T CHEAT YOURSELF AND PERFORM PARTIAL REPS. PUSH YOURSELF WITH THE WEIGHT BUT STILL FOCUS ON STRICT FORM AND A STEADY TEMPO BETWEEN THE ECCENTRIC AND CONCENTRIC PORTIONS OF THE LIFT. CABLE MOVEMENTS ARE RARELY USED WITH SLOPPY FORM AND HEAVY WEIGHT. CABLE MOVEMENTS ALWAYS WORK BEST WHEN YOUR FORM IS ON POINT AND WE ARE APPLYING ALL THE WORK TO THE MUSCLE WE ARE FOCUSED ON.



CABLE KICKBACK: 3 SETS OF 12-15 REPS PER ARM WITH 30 SECONDS REST IN BETWEEN ARMS.

WE FINISH TODAY'S WORKOUT WITH A CABLE TRICEPS KICKBACK. AGAIN, THIS IS NOT A MOVEMENT TO TRY AND TRAIN HEAVY. I CAN MAKE AN ARGUMENT FOR LOOSE FORM WITH A DBELL KICKBACK, BUT THE CABLE VARIETY REQUIRES THAT YOU FOCUS ON TEMPO AND FORM TO GET THE MOST OUT OF THE MOVEMENT. I LIKE THE CABLE KICKBACK AS A FINISHING MOVEMENT FOR TRICEPS BECAUSE OF THE STRENGTH CURVE THAT THE CABLE MACHINE PROVIDES. THE CABLE VARIETY OF THE KICKBACK WILL APPLY CONSTANT TENSION THROUGHOUT THE MOVEMENT COMPARED TO A DBELL WHERE THE TENSION IS APPLIED DIFFERENTLY AT THE TOP AND BOTTOM. THIS IS A VOLUME MOVEMENT. KEEP A STEADY TEMPO AND CHASE THE PUMP TO FINISH TODAY'S WORKOUT.

DAY 3: LEGS AND FOREARMS

DBELL WRIST CURL: 3 SETS OF 25 REPS WITH 15-20 SECONDS REST IN BETWEEN ARMS.

I KNOW THIS IS LEG DAY, BUT EVERY DAY IS ARM DAY SO WE WILL START TODAY'S WORKOUT WITH THIS BASIC FOREARM EXERCISE. THE FOREARMS GET HIT ON MOST UPPER BODY EXERCISES. YOU ARE WORKING YOUR FOREARMS ANY TIME YOU GRIP A BARBELL, DBELL, CABLE ATTACHMENT, OR SIMPLY LOADING AND UNLOADING PLATES. ASIDE FROM THE BRACHIORADIALIS, THE MAJORITY OF THE REST OF THE MUSCLES ON THE BOTTOM OF THE FOREARM ARE WORKED WITH HAND AND WRIST MOVEMENT. THIS LEAVES US WITH VERY SIMPLE MOVEMENTS TO DEVELOP MUSCLES IN THE FOREARM. THE WRIST CURL, AND ALL OF ITS VARIANTS, IS THE MOST COMMON AND ONE OF THE MOST EFFECTIVE WAYS TO INCREASE FOREARM SIZE AND GRIP STRENGTH. DON'T OVERTHINK THIS MOVEMENT, BUT I WANT YOU TO FOCUS ON A SLOW TEMPO WITH A FULL RANGE OF MOTION. SHORT AND JERKY MOVEMENT WITH A WEIGHT THAT'S TOO HEAVY WILL NOT ACCOMPLISH ANYTHING. SLOW THE TEMPO DOWN AND REACH A FULL RANGE OF MOTION FOR THE BEST RESULTS!



HAMMER CURL COMPOUND SET W/REVERSE GRIP BARBELL CURL: 3 SETS OF 8-12 REPS WITH 1-MINUTE REST IN BETWEEN SETS.

***I WANT YOU TO PERFORM 8-12 REPS PER ARM WITH THE HAMMER CURL AND 8-12 REPS TOTAL WITH THE REVERSE GRIP BARBELL CURL.**

WE FOCUSED PRIMARILY ON THE BOTTOM OF THE FOREARMS WITH THE PREVIOUS MOVEMENT. THIS MOVEMENT IS FOCUSED ON TRAINING THE BRACHIORADIALIS THAT RUNS ON TOP OF YOUR ARM. YOUR BICEPS WILL GET SOME WORK WITH THESE MOVEMENTS TOO. THIS IS A PUMP TYPE VOLUME EXERCISE. WE'VE ALREADY HIT BICEPS A COUPLE DAYS AGO AND THEY MIGHT STILL BE SORE AND RECOVERING. KEEP THE INTENSITY LOW AND FOCUS ON GETTING A SOLID PUMP WITH QUALITY REPS AND A FULL RANGE OF MOTION. TRY PERFORMING THE REVERSE GRIP BARBELL CURL WITH A "THUMB-LESS" GRIP IF YOU WANT SOME ADDED DIFFICULTY. YOU SHOULD GRIP THE BAR AS HARD AS YOU CAN WHILE YOU PERFORM THESE MOVEMENTS. BOTH OF THESE EXERCISES SHOULDN'T TAKE YOU VERY LONG TO COMPLETE AND YOU SHOULD BE LEFT WITH A PUMP IN YOUR BICEPS AND FOREARMS AS YOU GET STARTED ON YOUR LEG DAY.

LEG EXTENSION: 4 SETS OF 8-12 REPS WITH 30 SECONDS REST IN BETWEEN SETS.

***I WANT YOU TO HOLD THE CONTRACTION FOR A 3 SECOND COUNT AT THE TOP OF EACH REP.**

I WANT TO GIVE YOUR FOREARMS A CHANCE TO REST BEFORE TRUSTING THEM TO HOLD ONTO THE BAR WHILE YOU SQUAT. I ALSO WANT TO TAKE THIS TIME TO WARM UP THE QUADS AND GET THE LEGS READY FOR SQUATTING. YOU SHOULD PERFORM THIS MOVEMENT WITH MODERATE WEIGHT AND TREAT IT LIKE A WARM UP EXERCISE. THE GOAL IS TO PUSH BLOOD INTO YOUR QUADS AND GET THEM READY FOR THE REST OF TODAY'S WORKOUT. THE FIRST 5 REPS OF EACH SET WILL LIKELY BE EASY, BUT HAVING TO HOLD A CONTRACTION AT THE TOP OF EACH REP SHOULD MAKE THE LAST 5 REPS DIFFICULT. IF YOU CAN COMPLETE ALL 10 REPS WITH EASE THEN YOU NEED TO INCREASE THE WEIGHT. I WANT YOU TO FOCUS ON SQUEEZING AND CONTRACTING YOUR QUADS AS HARD AS YOU CAN AT THE TOP OF EACH REP. MAKE SURE TO PAUSE FOR A TRUE THREE SECOND COUNT AT THE TOP AND DON'T RUSH IT!

SQUAT: 5 SETS OF 8-10 REPS WITH 1-2 MINUTES REST IN BETWEEN SETS.

YOU SHOULD START WITH A LIGHT TO MODERATE WEIGHT AND INCREASE THE WEIGHT THAT YOU USE WITH EVERY SET. YOUR FIRST COUPLE SETS SHOULD BE CONSIDERED WARM UP SETS. YOU'LL THEN CONTINUE TO INCREASE THE WEIGHT EACH SET AND MAKE YOUR LAST SET YOUR HEAVIEST SET. YOU WANT TO MAKE SURE THAT YOU HAVE A GOOD SPOTTER AND TAKE YOUR LAST SET TO FAILURE. IF YOU CAN GET MORE THEN 10 REPS THEN YOU NEED TO INCREASE THE WEIGHT BY 5-10LBS THE NEXT TIME YOU SQUAT. IF YOU GET FEWER THEN 8 REPS ON YOUR LAST SET THEN YOU WENT TOO HEAVY AND WILL NEED TO DECREASE THE WEIGHT THE NEXT TIME THAT YOU SQUAT. THE GOAL IS TO BE ABLE TO CONTINUE TO GET AT LEAST 1 EXTRA REP OR TO ADD WEIGHT EACH TIME YOU SQUAT. THIS IS PROBABLY GOING TO BE THE HARDEST SINGLE EXERCISE THAT YOU DO FOR ANY PLAN IF YOU PUSH YOURSELF PROPERLY. THE HEAVY FULL BODY COMPOUND MOVEMENTS ARE GREAT FOR ADDING MASS EVERYWHERE. THERE IS A THEORY THAT THE INCREASE IN TESTOSTERONE AND GROWTH HORMONE FROM SQUATTING CAN HELP OTHER MUSCLES (LIKE YOUR ARMS) RECOVER AND GROW. SQUATTING CAN BUILD BIG LEGS, BUT MORE IMPORTANTLY, IT WILL MAKE YOU STRONGER AND MORE MUSCULAR AS A WHOLE. I KNOW THIS IS AN #EDIAD PROGRAM, BUT THEY CALL SQUATS THE KING OF ALL EXERCISES FOR A REASON. MAKE THE MOST OF IT!

STIFF LEG DEADLIFT: 3 SETS OF 8-10 REPS WITH 1-2 MINUTES REST IN BETWEEN SETS.

***I WANT YOU TO PERFORM EACH REP WITH A 5 SECOND ECCENTRIC.**

YOU SHOULD FEEL FAIRLY EXHAUSTED AFTER PUSHING YOURSELF ON SQUATS. I DON'T WANT TO OVERLOAD YOUR BACK OR NERVOUS SYSTEM SO WE WILL TREAT THE STIFF LEG DEADLIFT LIKE A PUMP EXERCISE EVEN THOUGH IT'S A HEAVY MOVEMENT. KEEP THE INTENSITY DOWN AND THE WEIGHT MODERATE. I WANT YOU TO FOCUS ON THE STRETCH AND KEEP THE TEMPO DOWN ON THE 5 SECOND ECCENTRIC. THE GOAL IS TO FEEL THE MUSCLES WORKING AND KEEP THE FORM TIGHT AS YOU KEEP A MELLOW TEMPO WITH EACH REP. THIS SHOULDN'T BE TREATED AS AN EXPLOSIVE MOVEMENT OR A POWER MOVEMENT. THINK OF IT AS A WEIGHTED STRETCH FOR YOUR HAMSTRINGS.

YOU WILL NOT BE USING A VERY HEAVY WEIGHT, SO I WANT YOU TO FOCUS YOUR EFFORTS MORE ON THE 5-SECOND ECCENTRIC THAN THE CONTRACTION. THIS IS MORE ABOUT THE "NEGATIVE" THAN IT IS THE ACTUAL LIFT!

LYING OR KNEELING LEG CURL: 4 SETS OF 8-12 REPS WITH 30 SECONDS REST IN BETWEEN SETS.

***I WANT YOU TO LOWER THE ECCENTRIC FOR A 5 SECOND COUNT ON EACH REP.**

WE ARE NEARING THE END OF THE WORKOUT. THE PUMP FROM YOUR FOREARM WORKOUT IS PROBABLY GONE AND THE PUMP SHOULD NOW BE IN YOUR GLUTES, QUADS, AND HAMSTRINGS. WE JUST TARGETED THE HAMSTRINGS WITH THE STIFF LEG DEADLIFT AND NOW WE ARE GOING TO FINISH THEM WITH THE LYING OR KNEELING LEG CURL. I WANT YOU TO PERFORM THE CONCENTRIC WITH A REGULAR TEMPO BUT THEN SLOW THE ECCENTRIC DOWN TO LAST FOR A 5 SECOND COUNT. WE JUST CONTROLLED THE STRETCH OF THE HAMSTRING WITH THE STIFF LEG DEADLIFT AND WE WILL NOW DO THE SAME WITH THE LEG CURL. THE MAJOR DIFFERENCE WILL BE THAT THE STIFF LEG DEADLIFT CONTROLLED THE STRETCH ON THE ECCENTRIC WITH THE MOVEMENT AT THE HIPS WHILE THE LEG CURL WILL CONTROL THE STRETCH WITH THE MOVEMENT AT THE KNEE. THE CONTRACTION WITH THE STIFF LEG DEADLIFT INVOLVES THE GLUTES AND ERECTORS WHILE THE CONTRACTION WITH THE LEG CURL IS MORE ISOLATED AT THE KNEE. USE THIS EXERCISE TO FOCUS ON FINISHING OFF THE HAMSTRINGS WITH AS BIG OF A PUMP AS POSSIBLE. YOU MAY WANT TO TRY STRETCHING YOUR HAMSTRINGS AS YOU REST IN BETWEEN SETS. I'VE ALWAYS FOUND THAT IT HELPED WITH THE PUMP AND MADE MY HAMSTRINGS FEEL BETTER WHILE I WAS TRAINING THEM.



SEATED OR STANDING CALF RAISE: 5 SETS OF 10 REPS WITH 1-MINUTE REST IN BETWEEN SETS.

***I WANT YOU TO PAUSE FOR A 5 SECOND COUNT AT THE BOTTOM OF THE LIFT AND HOLD THE CONTRACTION FOR A 3 SECOND COUNT AT THE TOP OF EACH REP.**

***I WANT YOU TO STRETCH EACH CALF FOR 30 SECONDS EACH DURING YOUR 1-MINUTE REST.**

I'LL ADMIT THAT I NEGLECT MY CALVES FAR TOO OFTEN. THEY ARE JUST VERY BORING AND PAINFUL TO TRAIN!! EVERY DAY ISN'T CALF DAY...IT'S ARM DAY! THAT SAID, I HAVE FOUND A FEW METHODS THAT HAVE HELPED ME DEVELOP CALVES WHEN I WAS COMPETING. THE CALVES ARE USED BY USE DAILY. WE USE THEM TO STAND AND WALK AROUND SO THEY ARE USED TO BEING TRAINED EVERY DAY. THE CALVES ARE ALSO USED TO CONTRACTING AND RELAXING VERY QUICKLY. I BELIEVE THAT WE NEED TO TAKE OUR CALVES OUTSIDE OF THEIR COMFORT ZONE AND TRAIN THEM SLOWLY. I WANT YOU TO HOLD THE CONTRACTION AND FLEX YOUR CALVES AS HARD AS YOU CAN FOR 3 SECONDS AT THE TOP OF EVERY REP. CONTROL THE WEIGHT ON THE ECCENTRIC AND STRETCH YOUR CALVES AT THE BOTTOM OF EVERY REP FOR A 5 SECOND COUNT. YOU WILL WANT TO KEEP THE WEIGHT LIGHT TO MODERATE AS YOUR CALVES WILL BE ON FIRE AFTER THE FIRST SET! YOU WILL NOT BE COMPLETELY RESTING DURING YOUR REST PERIOD EITHER. I WANT YOU TO STRETCH EACH CALF FOR 30 SECONDS SEPARATELY DURING YOUR REST PERIOD. STRETCHING THE CALVES IN BETWEEN SETS WILL LIKELY BURN AND YOU WON'T ENJOY IT. I HAVE FOUND THAT IT HELPS WITH THE PUMP AND HAS HELPED ME BUILD MUSCLE ONTO MY CALVES. THE CALVES AREN'T STRETCHED VERY OFTEN SO THIS IS DEFINITELY SOMETHING THAT TAKES THEM OUT OF THEIR COMFORT ZONE AND ENCOURAGES THEM TO GROW!

DAY 4: BICEPS, TRICEPS, AND ABS

DBELL CONCENTRATION CURL SUPER SET WITH DBELL KICKBACK: 4 SETS OF 8-12 REPS PER ARM, PER EXERCISE WITH 30 SECONDS REST IN BETWEEN ARMS.



FINALLY, THE DAY YOU'VE ALL BEEN WAITING FOR! WE DON'T HAVE TO HOLD ANYTHING BACK OR SAVE ANY ENERGY IN OUR ARMS TODAY. TODAY WE CHASE THE BIGGEST PUMP THAT WE CAN GET! WE ARE DEDICATING AN ENTIRE WORKOUT TO JUST ARMS WITH A LITTLE BIT OF ABS AT THE END. WE ARE ALSO FINALLY GETTING TO THE SUPER SETS THAT I MENTIONED EARLIER IN THIS EBOOK. I WANT YOU TO PERFORM ALL THE REPS FOR BOTH EXERCISES WITH 1 ARM BEFORE RESTING AND TRANSFERRING OVER TO THE OTHER ARM. KEEP THE INTENSITY MODERATE AND FOCUS ON A FULL RANGE OF MOTION FOR BOTH EXERCISES. WE ARE USING FREE WEIGHTS INSTEAD OF CABLES SO YOU CAN GO A LITTLE HEAVIER AND LOOSEN THE FORM JUST A LITTLE BIT. PUSH YOURSELF, BUT JUST KNOW THAT NEITHER WORKOUT WILL HELP YOU IF THE WEIGHT IS SO HEAVY THAT YOUR FORM BECOMES TOO SLOPPY.

WIDE GRIP EZ BAR BARBELL CURL: 4 SETS OF 8-10 REPS WITH 1-MINUTE REST IN BETWEEN SETS.

***I WANT YOU TO APPLY A 5 SECOND ECCENTRIC TO EACH REP.**

***OCCLUSION TRAINING IS GREAT FOR BOTH OF THESE EXERCISES!**

I WANT YOU TO USE THE WIDE GRIP ON THE EZ BAR AND USE THE ARM BLASTER IF YOU HAVE ONE AVAILABLE. PAY ATTENTION TO THE TEMPO OF THIS EXERCISE, AS I WANT YOU TO SLOW THE ECCENTRIC DOWN TO LAST A 5 SECOND COUNT. I WANT YOU TO AVOID SWINGING YOUR BACK AND TRYING TO CHEAT THE REP ON BOTH THE CONCENTRIC AND ECCENTRIC PART OF THE LIFT (THE ARM BLASTER WILL HELP WITH THIS). YOU MAY HAVE TO DROP THE WEIGHT COMPARED TO WHAT YOU ARE USED TO IN ORDER TO MAKE THE MOST OUT OF THIS EXERCISE. I GUARANTEE THAT IF YOU TRULY FOLLOW THE 5 SECOND COUNT ON THE ECCENTRIC WITH GOOD FORM THAT YOUR BICEPS WILL BE SCREAMING MORE THAN IF YOU JUST LOADED UP THE BARBELL WITH HEAVY WEIGHT AND JERKED IT AROUND. I WANT TO IMPLEMENT THE SLOW ECCENTRIC TO FORCE YOU TO APPLY ALL THE STRESS TO THE BICEPS. I WANT YOUR BICEPS COMPLETELY CONTROLLING THE WEIGHT. I DON'T WANT YOUR BACK TO ASSIST YOU. FOCUS ON YOUR BICEPS CONTRACTION WITH THE CONCENTRIC AND FOCUS ON YOUR BICEPS FIGHTING THE RESISTANCE AS YOU SLOWLY LOWER THE WEIGHT ON THE ECCENTRIC.



CLOSE GRIP BENCH PRESS: 4 SETS OF 10 REPS WITH 1-MINUTE REST IN BETWEEN SETS.

THIS EXERCISE WILL WORK BEST WITH A SPOTTER. IT'S HARD TO TRAIN AS HEAVY AS YOU WOULD LIKE WITHOUT A SPOTTER TO HELP YOU ON THIS MOVEMENT. YOU SHOULD START LIGHT WITH A WARM UP SET OR TWO AND FOLLOW THAT WITH AT LEAST 2 HEAVY SETS. I WANT YOU TO USE A NARROW GRIP AND FOCUS ON THE PART OF THE MOVEMENT THAT YOU FEEL YOUR TRICEPS WORKING THE MOST. SOME PEOPLE WILL STILL TRY AND USE TOO MUCH CHEST AND DELTS ON THIS MOVEMENT. I WANT YOU TO KEEP YOUR ELBOWS TUCKED AND WORK THE TOP HALF OF THE MOVEMENT. TAKE YOUR TIME WITH YOUR WARM UP SETS AND FEEL FOR WHAT PART OF THE REP GIVES YOU THE MOST ACTIVATION AND FEELING IN YOUR TRICEPS. I AM NOT CONCERNED WITH BUILDING MUSCLE ANYWHERE THAN YOUR TRICEPS WITH THIS MOVEMENT. IF YOU AREN'T FEELING THIS DOMINANTLY IN YOUR TRICEPS THEN YOU NEED TO ADJUST YOUR FORM AND TEMPO TO MAKE SURE YOU ARE TRANSFERRING AS MUCH OF THE WEIGHT LOAD ONTO YOUR TRICEPS AS POSSIBLE.

WIDE REVERSE GRIP EZ BAR PRESS DOWN SUPERSET WITH CLOSE GRIP EZ BAR CABLE CURL: 4 SETS OF 8-12 REPS PER EXERCISE WITH 30 SECONDS REST IN BETWEEN SETS.

***I WANT YOU TO APPLY A 5 SECOND CONCENTRIC TO EACH REP OF BOTH EXERCISES.**

THERE IS A TWIST! YOU WILL NOW PERFORM THE CONTRACTION (CONCENTRIC) WITH A 5 SECOND COUNT ON BOTH EXERCISES. I WANT YOU TO SLOW DOWN THE CONTRACTION AND FOCUS ON CONTROLLING THE WEIGHT AS YOU LIFT. THIS WILL FORCE THE BICEPS AND TRICEPS TO CONTRACT IN A DIFFERENT MANNER COMPARED TO THE TYPICAL EXPLOSIVE CONCENTRIC THAT THEY ARE USED TO. YOU CAN PERFORM THE ECCENTRIC WITH A NORMAL CONTROLLED TEMPO. THE FOCUS THIS TIME IS ALL ON THE CONCENTRIC. YOU CAN USE THE SAME EZ BAR CABLE ATTACHMENT FOR BOTH EXERCISES. I WANT YOU TO PERFORM THE PRESS DOWN WITH YOUR PALMS FACING UPWARD AS YOU GRIP THE WIDE PART OF THE EZ BAR CABLE ATTACHMENT. YOUR HANDS SHOULD BE IN THE SAME POSITION AS IF YOU WERE GOING TO PERFORM A WIDE GRIP EZ BAR CURL. YOU WILL THEN PERFORM A TRICEPS PRESS DOWN FROM THE UPPER PULLEY WHILE USING THE NARROW GRIP ON THE EZ BAR CABLE ATTACHMENT.

I WANT YOU TO IMMEDIATELY SUPERSET THIS WITH A CLOSE GRIP CABLE CURL WHILE USING THE SAME ATTACHMENT FROM THE LOWER PULLEY. REMEMBER TO FOCUS ON SLOWING THE CONTRACTION DOWN TO LAST 5 SECONDS. THIS CONTROL WILL FEEL AWKWARD AT FIRST, BUT IT'S TORTURE ON YOUR ARMS AND TRAINS THEM IN A WAY THAT THEY ARE NOT USED TO!

ROPE HAMMER CURL SUPERSET WITH ROPE PRESSDOWN:
4 SETS OF 12-15 REPS PER EXERCISE WITH 30 SECONDS REST IN BETWEEN SETS.

*OCCLUSION TRAINING IS GREAT FOR BOTH OF THESE EXERCISES!

WE ARE NEARING THE END OF TODAY'S WORKOUT. I AM CHOOSING TO USE THE ROPE ATTACHMENT FOR BOTH EXERCISES AND IT'S ALL ABOUT VOLUME. WE HAVE ALREADY TRAINED WITH SOME HEAVY WEIGHT AND FOCUSED ON CONTROLLING BOTH THE ECCENTRIC AND CONCENTRIC. YOU SHOULD PERFORM THESE EXERCISES WITH A REGULAR CONTROLLED TEMPO BUT OTHERWISE FOCUS ON PUMPING AS MUCH BLOOD INTO THE MUSCLES AS POSSIBLE. IF YOU'VE PERFORMED TODAY'S EXERCISES WITH THE CORRECT FORM AND INTENSITY THEN YOUR ARMS SHOULD BE PUMPED AND READY TO QUIT. WE ARE ALMOST DONE AND THEN IT'S TIME TO EAT, SLEEP, REST, AND WATCH THEM GROW!

HANGING LEG RAISE, INCLINE SIT UP, OR AB WHEEL: I WANT YOU TO START BY GETTING 50 TOTAL REPS ON ANY ONE OR A MIX OF THESE EXERCISES. I WANT YOU TO TRY AND SET A PERSONAL BEST EVERY TIME AND WORK YOUR WAY TO BEING ABLE TO DO 100 CLEAN REPS WITH A STEADY TEMPO.

I SPENT A LOT OF MY WEIGHTLIFTING CAREER AVOIDING AB TRAINING. I SPENT A LOT OF TIME ON THEM IN THE BEGINNING UNTIL I LEARNED THAT MY CORE WAS BEING TRAINED EVERY TIME I PERFORMED A HEAVY COMPOUND EXERCISE. IF YOU COMBINE THAT WITH THE KNOWLEDGE THAT ABS COME FROM NUTRITION INSTEAD OF TRAINING, THEN I SORT OF STOPPED FOCUSING ON THEM. THAT SAID, I DO LIKE TO INCLUDE SOME AB WORK INTO MY WEEKLY ROUTINE. I DON'T BELIEVE THE ABS NEED MUCH DIRECT WORK, BUT WE SHOULD GIVE THEM SOME DIRECT WORK JUST LIKE ANY OTHER MUSCLE. FOCUS ON WORKING YOUR WAY TO BEING ABLE TO PERFORM 100 CLEAN REPS WITH A SLOW AND CONTROLLED TEMPO. THAT WILL BE THE ONLY ABDOMINAL GOALS OF THIS PROGRAM.

DAY 5: MANDATORY REST

I AM REQUIRING THAT YOU TAKE A MANDATORY REST DAY FROM WEIGHT LIFTING ON THIS DAY. THIS IS YOUR CHANCE FOR REST AND RECOVERY. DO YOUR BEST TO GET PLENTY OF HYDRATION, REST, AND FOOD ON TODAY.

DAY 6: REPEAT STARTING WITH DAY 1

YOU WILL START THE WORKOUT SPLIT OVER STARTING AGAIN WITH DAY 1 OF THE PROGRAM.

CARDIO INTEGRATION

I'LL ADMIT THAT I USED TO HATE CARDIO. ACTUALLY, I STILL HATE IT COMPARED TO LIFTING WEIGHTS. THAT SAID, I RECENTLY STARTED FOCUSING ON MY CARDIOVASCULAR HEALTH AGAIN AND I REALIZED THAT CARDIO HAS BENEFITS TO HELP US BUILD MUSCLE TOO!

MOST PEOPLE THINK THAT CARDIO IS SIMPLY FOR ENDURANCE ATHLETES AND PEOPLE TRYING TO LOSE BODY FAT. MOST PEOPLE DON'T UNDERSTAND THAT THERE ARE SEVERAL DIFFERENT TYPES OF CARDIO DEPENDING ON YOUR GOALS. SOME PEOPLE ARE AFRAID THAT CARDIO WILL BURN MUSCLE OR AFFECT MUSCLE GROWTH. CARDIO CAN AND WILL DEFINITELY AFFECT MUSCLE GROWTH IF DONE IMPROPERLY, BUT IF THE PROPER CARDIO IS DONE THEN IT CAN ACTUALLY HELP YOU PERFORM BETTER, HELP YOU RECOVER, AND HELP YOU EAT MORE TO GROW!

"I recently started focusing on my cardiovascular health again and I realized that cardio has benefits to help us build muscle too!"



LOW INTENSITY CARDIO (AVOID)

LOW INTENSITY STEADY STATE CARDIO IS THE MOST COMMON TYPE OF CARDIO AND THE TYPE OF EXERCISE THAT MOST PEOPLE THINK OF WHEN THEY HEAR THE TERM "CARDIO". I SEE PEOPLE IN CORPORATE GYMS SPENDING HOURS OF THEIR TIME PERFORMING LOW INTENSITY CARDIO. THIS TYPE OF CARDIO INCLUDES JOGGING, LONG DISTANCE CYCLING, LOW INTENSITY TREADMILLS, ETC. AND IT IS NOT GOING TO HELP YOU BUILD BIGGER ARMS OR CONTRIBUTE TO WEIGHTLIFTING MUCH AT ALL.

THIS TYPE OF CARDIO IS GOOD FOR PEOPLE LOOKING TO BUILD ENDURANCE, IMPROVE THEIR OVERALL HEART HEALTH, OR TO SIMPLY GET STARTED IF THEY ARE THAT FAR OUT OF SHAPE. THIS IS WHY SO MANY PEOPLE BEGIN THEIR GYM LIFE ON THE TREADMILL. I'M NOT AGAINST THIS TYPE OF CARDIO FOR THOSE REASONS, BUT YOU SHOULD AVOID THIS TYPE OF CARDIO FOR THIS PROGRAM.

"This type of cardio includes jogging, long distance cycling, low intensity treadmills, etc. and it is not going to help you build bigger arms or contribute to weightlifting much at all."

HIGH INTENSITY CARDIO (PREFERRED)

I DON'T SEE ENOUGH PEOPLE PERFORMING HIGH INTENSITY CARDIO. THIS TYPE OF CARDIO IS HANDS DOWN THE BEST OPTION FOR THIS WORKOUT PROGRAM. THIS CAN BE SPRINTING, PULLING OR PUSHING SLEDS, THE ROWER MACHINE, TIRE FLIPS, OR ANY CARDIO THAT IS ALL ABOUT NEAR MAXIMAL OR MAXIMAL EFFORT AND FOR A SHORT PERIOD OF TIME. I LIKE THE ROWER OR AN AGGRESSIVE SPRINT ON A STATIONARY BIKE FOR NO LONGER THAN 10 MINUTES AND I'LL EXPLAIN WHY.



IF YOU THINK ABOUT WEIGHTLIFTING AS ANOTHER ACTIVITY THEN IT MOST CLOSELY RESEMBLES SPRINTING. WE TRAIN AS INTENSELY AS POSSIBLE DURING OUR SET AND THEN WE COMPLETELY REST. YOU CAN MAKE AN ARGUMENT THAT SPRINTING IS LIKE HIGH INTENSITY INTERVAL CARDIO (HIIT) AND YOU ARE CORRECT. YOU WILL WORK AT MAXIMAL EFFORT FOR A SHORT DURATION OF TIME AND THEN REST WHILE DOING CARDIO AT SAY A 50% EFFORT FOR A SLIGHTLY LONGER PERIOD OF TIME. THIS IS CLOSE TO THE STYLE OF CARDIO THAT I WANT YOU TO PERFORM BUT NOT EXACTLY. I WANT YOU TO FOCUS MORE ON STRICTLY HIT CARDIO.

THE TYPE OF HIT CARDIO I WANT YOU TO PERFORM IS PERFORMING AT YOUR MAXIMAL EFFORT FOR NO LONGER THAN 10 MINUTES. YOU MAY START OUT PERFORMING AND FIND YOURSELF FADING AS TIME GOES ON. THIS IS PERFECTLY FINE AND NORMAL. I DON'T WANT TO SUGGEST INTERVAL CARDIO BECAUSE I DON'T WANT YOU TO HAVE A PLANNED "REST" PERIOD WHILE PERFORMING THIS SHORT BURST OF CARDIO. I WANT YOU GOING AS HARD AS YOU PHYSICALLY CAN FOR THIS SHORT AMOUNT OF TIME.

IF YOU CAN PUSH YOURSELF NEAR MAXIMAL EFFORT ON CARDIO FOR 8-10 MINUTES THEN YOU WILL DEVELOP THE CARDIOVASCULAR SHAPE TO BE ABLE TO PUSH THE MUSCLE AS HARD AS YOU CAN DURING YOUR WEIGHT LIFTING SETS. THIS WILL GIVE YOU THE ABILITY TO TRULY PUSH TO MUSCLE FAILURE. WE ARE SIMPLY USING CARDIO TO IMPROVE YOUR WEIGHT LIFTING PERFORMANCE AND HELP YOU REACH MUSCLE FAILURE AND CAUSE HYPERTROPHY. I SEE PEOPLE REACH "FAILURE" DURING THEIR WORKOUT AND REALIZE THAT THEY ARE REACHING CARDIOVASCULAR FAILURE INSTEAD OF ACTUAL MUSCLE FAILURE. THIS CAN BE A LIMITING FACTOR IN TRYING TO STIMULATE MUSCLE GROWTH. WE NEED TO WORK YOUR CARDIOVASCULAR SYSTEM SO THAT YOU CAN SUCCESSFULLY REACH MUSCLE FAILURE AND STIMULATE MUSCLE GROWTH THROUGH YOUR WEIGHT LIFTING EXERCISES.

YOU WILL ALSO SHORTEN THE AMOUNT OF TIME THAT YOU NEED IN BETWEEN SETS BY INCREASING YOUR ENDURANCE WITH THIS TYPE OF CARDIO. HIT CARDIO DOESN'T TAKE MUCH TIME FOR YOU TO COMPLETE AND IF YOU CAN FIT IT INTO YOUR SCHEDULE AT LEAST A COUPLE TIMES PER WEEK THEN YOU WILL DEVELOP THE CARDIOVASCULAR ENDURANCE TO TAKE YOUR WEIGHT TRAINING TO THE NEXT LEVEL.

REMEMBER THAT WE ARE TRYING TO BE IN THE BEST POSSIBLE SHAPE FOR WEIGHT LIFTING; WE AREN'T TRYING TO BE MARATHON RUNNERS HERE.

THIS SHORT AMOUNT OF TIME AND CALORIC EXPENDITURE IS NOT ENOUGH TO PREVENT MUSCLE GAIN EITHER. I'VE ACTUALLY FOUND THAT THIS TYPE OF CARDIO POST WORKOUT IS GREAT TO INCREASE APPETITE. IF YOU ARE SOMEBODY WHO STRUGGLES TO EAT ENOUGH TO GROW THEN YOU CAN USE THIS CARDIO AS A TOOL TO INCREASE CALORIC INTAKE. WHO CARES IF YOU BURN AN EXTRA 100-200 CALORIES IF IT HELPS YOU EAT AN EXTRA 800-1000!!

I SUGGEST THAT YOU TOSS IN 8-10 MINUTES OF HIGH INTENSITY SPRINTING TYPE CARDIO AT LEAST 2X PER WEEK POST WORKOUT. THIS SHOULD BE ENOUGH TO HELP IMPROVE YOUR WEIGHT LIFTING CARDIOVASCULAR SHAPE AND GIVE YOU THE BENEFITS OF FASTER RECOVERY TIMES AND INCREASED APPETITE AS WELL.

"This type of cardio is hands down the best option for this workout program. This can be sprinting, pulling or pushing sleds, the rower machine, tire flips, or any cardio that is all about near maximal or maximal effort and for a short period of time."

PERI-WORKOUT NUTRITION AND SUPPLEMENTATION

I'VE MENTIONED PREVIOUSLY THAT THIS IS A HIGH FREQUENCY PLAN. IT IS HIGH FREQUENCY FOR ALL MUSCLE GROUPS, BUT ESPECIALLY FOR YOUR ARMS. YOU WILL BE PUTTING YOUR BODY IN A POSITION WHERE IT WILL BE DIFFICULT TO FULLY RECOVER AND GROW. THE GOAL OF THIS PLAN IS TO STIMULATE AS MUCH MUSCLE GROWTH AS POSSIBLE AND UTILIZE TRAINING AND NUTRITION TO HELP YOUR BODY ADAPT, RECOVER, AND GROW. PERI-WORKOUT NUTRITION IS A MUST WHEN FOLLOWING A HIGH INTENSITY PLAN SUCH AS THIS.



THE TERM "PERI-WORKOUT NUTRITION" IS ANOTHER WAY OF SAYING, "AROUND THE WORKOUT NUTRITION". I AM TALKING ABOUT YOUR PRE-WORKOUT MEAL, INTRA-WORKOUT SHAKE, AND POST WORKOUT NUTRITION. YOU SHOULD BE ON TOP OF YOUR NUTRITION 24/7, BUT I FIND THAT THE WINDOW AROUND THE WORKOUT IS THE MOST IMPORTANT WHEN TRYING TO GROW. EXERCISE IS A CATABOLIC ACTIVITY, MEANING THAT YOUR BODY IS BREAKING ITSELF DOWN THROUGH THE WORKOUT. IF THIS WERE A FAT LOSS PLAN THEN THIS BREAKDOWN ISN'T A BAD THING, AS WE WOULD OBVIOUSLY WANT TO BREAK FAT DOWN AND USE IT FOR FUEL DURING THE WORKOUT. HOWEVER, THIS PLAN IS FOCUSED ON BUILDING MUSCLE IN YOUR ARMS. IN ORDER TO BUILD MUSCLE WE WANT TO AVOID CATABOLIC ACTIVITIES AS MUCH AS POSSIBLE.

YOU WILL BE TRAINING YOUR ARMS IN SOME WAY DURING EVERY WORKOUT DAY. THIS MEANS THAT YOUR ARMS ARE GOING TO CONSTANTLY BE IN A STATE OF RECOVERY. REST IS PART OF THE FORMULA FOR RECOVERY AND I WILL ADDRESS THAT IN A LATER CHAPTER. THE OTHER PART OF THAT FORMULA LIES IN YOUR NUTRITION. I WILL BREAK YOUR "PERI-WORKOUT NUTRITION" DOWN BY THESE SEGMENTS.

"The term "peri-workout nutrition" is another way of saying, "around the workout nutrition". I am talking about your pre-workout meal, intra-workout shake, and post workout nutrition."

PRE-WORKOUT NUTRITION

TECHNICALLY ANY MEAL PRIOR TO TRAINING IS "PRE-WORKOUT" NUTRITION, BUT I WANT TO FOCUS ON THE LAST MEAL YOU HAVE PRIOR TO WORKING OUT.

THIS MEAL SHOULD BE CONSUMED 2-3 HOURS PRIOR TO TRAINING. DIGESTION IS PART MECHANICAL IN THE FUNCTION OF YOUR DIGESTIVE SYSTEM HAVING TO PHYSICALLY MOVE FOOD AROUND. THIS REQUIRES ENERGY AND BLOOD FLOW TO YOUR ORGANS. THIS BLOOD FLOW IS ALSO CRUCIAL TO DISTRIBUTE NUTRIENTS AND ENERGY TO YOUR WORKING MUSCLES AND EXTREMITIES.

IF YOU CONSUME A MEAL TOO CLOSE TO THE WORKOUT THEN WE WILL BE WORKING AGAINST OURSELVES BY TRYING TO PULL BLOOD AWAY FROM THE ORGANS AND SEND IT TO THE MUSCLE. THIS CAN AFFECT DIGESTION, ABSORPTION, AND DECREASE YOUR PUMP IN THE GYM. TO TOP IT OFF MANY OF YOU WILL FEEL LAZY AND SLUGGISH AFTER EATING A MEAL, AND THAT IS THE LAST FEELING WE WANT WHEN ENTERING THE GYM. LASTLY, IF YOU TAKE A PRE-WORKOUT LIKE ORIGIN PRE, THEN YOU WON'T BE ABLE TO ABSORB ALL OF THE INGREDIENTS FAST ENOUGH TO BE EFFECTIVE FOR YOUR WORKOUT. IT'S VERY HARD FOR A PRE-WORKOUT TO GET ABSORBED WITH A BUNCH OF FOOD IN THE WAY. IF YOU CAN EAT 2-3 HOURS PRIOR TO TRAINING THEN YOU WILL ALLOW YOUR BODY SUFFICIENT TIME TO DIGEST THE MEAL BEFORE GOING HARD IN THE GYM.

I LIKE TO KEEP THIS MEAL LOW IN FAT SO THAT THE MEAL CAN DIGEST FASTER AND EASIER. FATS TYPICALLY TAKE THE LONGEST TO BREAK DOWN AND DIGEST. A CHICKEN AND RICE MEAL OR EVEN A SIMPLE TUNA FISH OR LEAN DELI MEAT SANDWICH IS SUFFICIENT AS A PRE-WORKOUT MEAL. AT TIMES I WILL ADD A BANANA OR SMALL AMOUNT OF OTHER FRUIT OR DRINK SOME COCONUT WATER TO HYDRATE PRE-WORKOUT AS WELL. YOU WANT SOMETHING THAT YOU KNOW YOU CAN DIGEST EASILY AND SOMETHING THAT WON'T SIT IN YOUR STOMACH FOR TOO LONG EITHER. WE NEED SOME FOOD TO FUEL THE WORKOUT AND THAT'S IT. DON'T OVER CONSUME FOOD HERE OR ELSE IT WILL NOT DIGEST IN TIME BEFORE YOUR WORKOUT.

"If you can eat 2-3 hours prior to training then you will allow your body sufficient time to digest the meal before going hard in the gym."



PRE-WORKOUT SUPPLEMENTATION

MOST PRE-WORKOUT SUPPLEMENTS ARE TAKEN ROUGHLY 20-30 MINUTES PRIOR TO TRAINING. PRE-WORKOUTS ARE COMMONLY KNOWN FOR THE ENERGY AND FOCUS THAT THEY PROVIDE FOR THE WORKOUT. THIS IS A GREAT REASON TO TAKE A PRE-WORKOUT, BUT IT IS ONLY HALF OF WHAT YOU SHOULD BE LOOKING FOR. WHILE PRE-WORKOUT SUPPLEMENTS TYPICALLY OFFER LITTLE IN THE WAY OF ACTUAL NUTRITION, YOU WANT TO MAKE SURE THAT YOUR PRE-WORKOUT IS ALSO SUPPLYING INGREDIENTS FOR THE PERFORMANCE OF THE MUSCLE AS WELL AS ENERGY AND FOCUS FOR THE BRAIN.

WE DON'T FOCUS ON GETTING NUTRITION FROM PRE-WORKOUT SUPPLEMENTS, AS IT IS SIMPLY A PERFORMANCE AID AND NOT CONSIDERED A FOOD-BASED SUPPLEMENT. WE GET OUR NUTRITION FROM FOOD AND FOOD-BASED SUPPLEMENTS. LOOK FOR A PRE-WORKOUT THAT OFFERS SOMETHING ELSE BESIDES ENERGY, LIKE ELECTROLYTES, CREATINE, NITRIC OXIDE/BLOOD FLOW INGREDIENTS, AMINO ACIDS, ETC. YOU WANT TO MAKE SURE THAT YOUR PRE-WORKOUT IS HELPING TO STIMULATE PERFORMANCE FOR YOUR MIND AND YOUR MUSCLE.

"While pre-workout supplements typically offer little in the way of actual nutrition, you want to make sure that your pre-workout is also supplying ingredients for the performance of the muscle as well as energy and focus for the brain."



INTRA-WORKOUT SUPPLEMENTATION

INTRA-WORKOUT SUPPLEMENTATION IS THE CLOSEST THING TO BEING ABLE TO DELIVER FOOD TO THE MUSCLE EXACTLY WHEN THE MUSCLE NEEDS IT. YOU CAN BUY AN INTRA-WORKOUT SUPPLEMENT LIKE ORIGIN INTRA OR YOU CAN BUILD YOUR OWN. IN FACT, WE DON'T PUT PROPRIETARY BLENDS IN ORIGIN PRODUCTS, SO YOU CAN SIMPLY COPY THE ORIGIN INTRA PRODUCT IF YOU DON'T WANT TO BUY IT. REGARDLESS, YOUR INTRA-WORKOUT SUPPLEMENTATION SHOULD CONSIST OF A FAST DIGESTING CARBOHYDRATE, CREATINE, AND AMINO ACIDS. YOU CAN GET THIS IN SOME ALL-IN-ONE PRODUCTS, BUT MOST WILL REQUIRE AT LEAST TWO. FOR EXAMPLE,

YOU WILL NEED THE ORIGIN INTRA AND ORIGIN AMINO PRODUCTS IF YOU ARE USING THE ORIGIN BRAND. IF YOU GET THOSE TWO SUPPLEMENTS THEN YOU'RE INTRA-WORKOUT SUPPLEMENTATION IS COVERED. YOU GET A PUMP WHEN YOU WORK OUT. THE PUMP IS YOUR BODY SUPPLYING BLOOD TO THE WORKING MUSCLES. YOUR BLOOD CONTAINS INGREDIENTS NECESSARY FOR THE MUSCLE TO PERFORM OPTIMALLY AND RECOVER. WE WANT TO USE THIS PUMP TO FILL THE BLOOD WITH MUSCLE BUILDING AND PERFORMANCE ENHANCING INGREDIENTS AND THEN SHUTTLE THEM INTO THE MUSCLE. INTRA-WORKOUT SUPPLEMENTATION IS DESIGNED TO SUPPLY MUSCLE BUILDING AND PERFORMANCE INGREDIENTS DIRECTLY INTO THE MUSCLE WHEN YOU NEED IT MOST. IF WE CAN ACCOMPLISH THIS THEN WE CAN CUT DOWN ON MUSCLE CATABOLISM AND INCREASE THE TOTAL VOLUME OF THE CELL WHILE FILLING IT WITH THREE IMPORTANT INGREDIENTS IN GLUCOSE, AMINO ACIDS, AND CREATINE.

THE FAST DIGESTING CARBOHYDRATE IS ABSORBED QUICKLY SO LITTLE TO NO MECHANICAL DIGESTION IS REQUIRED. THIS MEANS THAT YOU CAN CONSUME THIS CARBOHYDRATE DURING THE WORKOUT AND NOT RUN INTO THE SAME DIGESTION AND BLOOD FLOW PROBLEMS AS IF YOU ATE A CARBOHYDRATE MEAL DURING TRAINING. THESE TYPES OF CARBOHYDRATES QUICKLY SUPPLY GLUCOSE TO THE MUSCLE CELL SO THAT IT CAN CONTINUE TO PERFORM OPTIMALLY.



A BCAA OR EAA SUPPLEMENT PROVIDES THE AMINO ACIDS MOST RESPONSIBLE FOR MUSCLE GROWTH. THESE TYPES OF PRODUCTS ALSO REQUIRE LITTLE TO NO DIGESTION AND ABSORB VERY QUICKLY AS WELL. IF YOU ADD AN AMINO PRODUCT TO YOUR INTRA WORKOUT THEN YOU ARE NOW SHUTTLING FUEL VIA THE CARBOHYDRATE, AND RECOVERY VIA THE AMINOS INTO THE MUSCLE AS YOU GET A PUMP DURING THE WORKOUT. THAT'S A SOLID COMBO TO HELP WITH MUSCLE GROWTH AND PERFORMANCE!

LASTLY, CREATINE IS TYPICALLY ABSORBED BEST ALONGSIDE A CARBOHYDRATE AND AROUND THE WORKOUT PERIOD. IF YOU GET ENOUGH CREATINE FROM YOUR PRE-WORKOUT THEN IT'S NOT NECESSARY WITH YOUR INTRA-WORKOUT SUPPLEMENTATION. HOWEVER, IF YOU ARE NOT TAKING A PRE-WORKOUT THAT CONTAINS CREATINE THEN YOU WILL WANT TO MAKE SURE THAT YOU HAVE CREATINE IN YOUR INTRA-WORKOUT SUPPLEMENT. IF YOU HAVE CREATINE IN BOTH PRODUCTS THEN CHECK THE DOSAGE, BUT YOU ARE LIKELY FINE. VERY FEW COMPANIES OVERDOSE CREATINE IN THEIR PRE-WORKOUTS OR INTRA-WORKOUT SUPPLEMENTS. MOST COMPANIES WILL FORMULATE PRODUCTS KNOWING THE USER WILL LIKELY BE TAKING ANOTHER PRODUCT WITH CREATINE IN IT AROUND THE SAME TIME. CREATINE IS ARGUABLY THE MOST STUDIED AND MOST EFFECTIVE PERFORMANCE-ENHANCING SUPPLEMENT AVAILABLE. WE WANT TO TAKE THIS OPPORTUNITY TO PUT CREATINE ON THE SHUTTLE AND MAKE SURE THAT THE MUSCLE HAS ALL THE CREATINE IT NEEDS TO HELP YOU INCREASE PERFORMANCE.

IT'S IMPORTANT TO CONSUME A SIGNIFICANT AMOUNT OF FLUID WHILE TAKING INTRA-WORKOUT SUPPLEMENTS. YOU ALSO WANT TO MAKE THE INTRA-WORKOUT SUPPLEMENTS LAST FOR THE DURATION OF YOUR WORKOUT. THIS MEANS THAT YOU SHOULD BE CONSTANTLY SIPPING ON IT IN BETWEEN SETS. IF YOU SIP BETWEEN EVERY SET THEN YOU WILL CONSUME A LOT OF WATER!



I WILL TYPICALLY MIX MY INTRA-WORKOUT SUPPLEMENTS IN A SHAKER CUP AND SIP IT ALONGSIDE A HALF-GALLON OF WATER OR MORE. THERE ARE OTHER TIMES THAT I WILL MIX MY INTRA-WORKOUT SUPPLEMENTS IN $\frac{1}{2}$ -1 GALLON OF WATER AND DRINK IT ALL DURING THE WORKOUT. I'M SIGNIFICANTLY BIGGER THAN MOST PEOPLE, SO YOU MAY NOT NEED AS MUCH FLUID AS ME. I WOULD SUGGEST THAT MOST OF YOU SHOULD CONSUME AT LEAST $\frac{1}{2}$ GALLON OF WATER WITH YOUR INTRA-WORKOUT SUPPLEMENTS AND SIP IT SO THAT YOU COMPLETE IT ALL AT THE END OF YOUR WORKOUT.

THE MAIN ROLE OF INTRA-WORKOUT SUPPLEMENTATION IS TO TAKE ADVANTAGE OF THE PUMP BY DELIVERING PERFORMANCE ENHANCING AND RECOVERY INGREDIENTS DIRECTLY TO THE MUSCLE WHILE YOU TRAIN. THIS IS CRUCIAL TO A HIGH FREQUENCY PLAN SUCH AS #EDIAD WHERE THE MUSCLES IN YOUR ARM WILL NEED THIS ADDED FUEL AND RECOVERY EVERY WORKOUT DAY. WE ARE FIGHTING THE FACT THAT WE DON'T HAVE MUCH REST IN BETWEEN WORKOUT SESSIONS, SO WE WANT TO DO ALL WE CAN TO MAKE SURE THAT THE MUSCLE IS IN THE MOST OPTIMAL ENVIRONMENT TO GROW. IF WE CAN'T GIVE THE MUSCLE EXTRA REST THEN WE NEED TO MAKE SURE THAT WE ARE SUPPLYING ALL THE FUEL AND INGREDIENTS TO GROW IN HOPES THAT WE CAN CUT RECOVERY TIME DOWN AND SEE PROGRESS.

"Intra-workout supplementation is designed to supply muscle building and performance ingredients directly into the muscle when you need it most."



POST-WORKOUT NUTRITION

MOST PEOPLE THINK OF A FAST DIGESTING PROTEIN SHAKE LIKE ORIGIN WHEY WHEN THEY THINK OF POST-WORKOUT NUTRITION. WHILE A FAST DIGESTING PROTEIN SHAKE IS NEVER A BAD IDEA TO HAVE POST WORKOUT, I WANT TO POINT OUT THAT IT'S NOT ENTIRELY NEEDED IF YOU ARE USING PROPER INTRA-WORKOUT SUPPLEMENTATION.

THE INTRA-WORKOUT SUPPLEMENTATION SHOULD PROVIDE ENOUGH FUEL TO SUSTAIN YOU FOR AN HOUR OR TWO POST WORKOUT. IT'S IMPORTANT THAT YOU CONSUME A MEAL DURING THIS TIME. IF YOU WOULD LIKE TO INCREASE YOUR PROTEIN INTAKE, AND TIME BETWEEN YOUR WORKOUT AND POST WORKOUT MEAL, THEN YOU CAN ALWAYS ADD A PROTEIN SHAKE. A FAST DIGESTING WHEY PROTEIN WILL FLOOD THE MUSCLE WITH AMINO ACIDS REQUIRED FOR GROWTH. THE INTRA-WORKOUT SUPPLEMENTATION SHOULD HALT CATABOLISM, BUT IF YOU WANT TO TAKE IT A STEP FURTHER THEN THE FAST DIGESTING WHEY WILL GUARANTEE IT.

I PERSONALLY MIX IT UP. THERE ARE TIMES WHEN I WILL USE A FAST DIGESTING WHEY IF I KNOW THAT I AM NOT IMMEDIATELY GOING TO EAT POST WORKOUT. OTHER TIMES I HEAD STRAIGHT TO MY FAVORITE RESTAURANTS AND EAT A LARGE MEAL POST WORKOUT. THE ONLY KEY POINT I WANT TO MAKE HERE IS THAT YOU WILL NEED EITHER A PROTEIN SHAKE OR A MEAL WITHIN 2 HOURS OF YOUR WORKOUT. IF YOU GO LONGER THAN THAT THEN YOU MIGHT BURN THROUGH THE INTRA-WORKOUT CARBOHYDRATES AND PUT YOURSELF IN A CATABOLIC ENVIRONMENT.

YOUR POST-WORKOUT MEAL CAN CONTAIN ANY REASONABLE MACRO RATIO. FOR EXAMPLE, A HAMBURGER ISN'T A BAD CHOICE WHILE AN ICE CREAM SUNDAE IS PROBABLY NOT THAT GREAT. YOU WANT TO MAKE SURE THAT YOU ARE GETTING A SUFFICIENT AMOUNT OF ALL THREE MACROS AND AVOID FOODS THAT ARE PREDOMINANTLY MADE UP OF ONE MACRO. I PREFER A CHICKEN BREAST OR BEEF TERIYAKI BOWL OR PLATE. THE RICE IS AN EXCELLENT POST-WORKOUT CARBOHYDRATE AND EITHER PROTEIN SOURCE WILL DO FINE. YOU CAN REALLY HAVE ANYTHING HERE AS LONG AS IT FITS WITHIN THE REST OF YOUR DIETARY NEEDS.



HARD GAINERS SHOULD EAT A LOT HERE, WHILE THOSE THAT PUT ON FAT EASILY MIGHT WANT TO DECREASE THEIR CARBOHYDRATE CONSUMPTION. IT'S IMPORTANT TO REMEMBER THAT YOU JUST CONSUMED CARBOHYDRATES WITH YOUR PRE-WORKOUT MEAL AND INTRA-WORKOUT SUPPLEMENTATION. IF YOU PUT ON BODY FAT THEN YOU MAY NOT NEED MUCH, IF ANY, CARBOHYDRATES IN YOUR POST WORKOUT MEAL. THE INSULIN RESPONSE FROM A POST-WORKOUT MEAL IS NOT NEEDED (SORRY...NO SOUR PATCH KIDS) BECAUSE OF THE INTRA-WORKOUT CARBOHYDRATE SUPPLEMENTATION. SO SOME OF YOU MAY NOT NEED CARBOHYDRATES POST WORKOUT TO GET ENOUGH ENERGY FOR RECOVERY.

REMEMBER THAT EACH PERSON'S DIET WILL BE DIFFERENT. IT IS IMPORTANT THAT YOU STICK TO YOUR MACRO RATIO AND TOTAL CALORIES ON THE DAY. THIS MEANS THAT YOU NEED TO FIT YOUR PERI-WORKOUT NUTRITION INTO YOUR DAILY TOTAL MACROS AND CALORIES. YOUR DAILY TOTALS ARE STILL CRUCIAL FOR YOU TO BUILD MUSCLE WITHOUT ADDING EXCESS BODY FAT WHILE FOLLOWING THIS PROGRAM.

"The only key point I want to make here is that you will need either a protein shake or a meal within 2 hours of your workout. If you go longer than that then you might burn through the intra-workout carbohydrates and put yourself in a catabolic environment."



EXAMPLE PERI-WORKOUT NUTRITION AND SUPPLEMENTATION

HERE IS AN EXAMPLE OF GOOD PERI-WORKOUT NUTRITION:

PRE-WORKOUT MEAL (2 HOURS PRIOR): CHICKEN BREAST WITH WHITE RICE.

PRE-WORKOUT SUPPLEMENTATION (20-30 MINUTES PRIOR): 1 SCOOP ORIGIN PRE (OR EQUIVALENT) MIXED IN 12-16 OZ OF WATER.

INTRA-WORKOUT SUPPLEMENTATION (DURING YOUR WORKOUT): 1 SCOOP ORIGIN INTRA + 1 SCOOP ORIGIN AMINO (OR EQUIVALENT PRODUCTS) MIXED WITH AT LEAST $\frac{1}{2}$ GALLON TO BE CONSUMED THROUGHOUT THE DURATION OF YOUR WORKOUT.

POST-WORKOUT NUTRITION: 1 SCOOP ORIGIN WHEY (OR EQUIVALENT) AND/OR 1 MEAL CONSISTING IN A MODERATE RATIO OF MACRONUTRIENTS (EXAMPLE: 1 HAMBURGER, 1 CHICKEN OR BEEF TERIYAKI BOWL, STEAK AND YAMS, ETC.)

REMEMBER THAT WE WILL BE TRAINING THE ARMS FREQUENTLY AND WE WON'T ALLOW THEM TO GET MUCH REST. NUTRITION IS ONE OF THE MAJOR KEYS TO RECOVERY AND I BELIEVE THAT PERI-WORKOUT NUTRITION IS CRUCIAL FOR YOU TO SEE THE MOST PROGRESS WITH THIS PLAN.

YOUR ARMS WILL NEED ALL THE HELP THEY CAN GET TO PERFORM OPTIMALLY AND RECOVER WITH A PLAN THAT STIMULATES THEM AS FREQUENTLY AS THIS ONE. A STRONG PERI-WORKOUT NUTRITION GAME IS DESIGNED TO SUPPLY ALL THAT YOU WILL NEED TO MAKE SURE THAT YOUR ARMS PERFORM WELL WITH THE WORKOUTS AND RECOVER.

"Nutrition is one of the major keys to recovery and I believe that peri-workout nutrition is crucial for you to see the most progress with this plan."



TRACKING PROGRESS

YOU DON'T ALWAYS VISUALLY SEE THE PROGRESS THAT YOU ARE MAKING. IT'S IMPORTANT TO SET UP A METHOD TO TRACK YOUR PROGRESS BEFORE COMMITTING TO ANY PLAN. I SEE TOO MANY PEOPLE USE THEIR INSTAGRAM PHOTOS AS A WAY TO MEASURE PROGRESS AND THAT WON'T ALWAYS WORK. MANY OF YOU WILL MAKE A LOT OF PROGRESS WHEN YOU FIRST START WEIGHT TRAINING. I'M TALKING ABOUT THE FIRST SEVERAL YEARS OF TRAINING. IT'S VERY EASY TO SEE VISUAL PROGRESS DURING THIS TIME, BUT WHAT ABOUT AFTER THE NOOB GAINZ SLOW DOWN?

MANY OF YOU WILL SAY THAT YOU "HIT A PLATEAU" WHEN YOU NO LONGER SEE THE PHYSICAL CHANGES THAT YOUR BODY IS MAKING VIA WORKING OUT AND EATING BETTER. THE TRUTH IS THAT YOU ARE PROBABLY STILL MAKING PROGRESS BUT YOUR TRACKING SYSTEM SUCKS AND THAT'S WHY YOU THINK YOU HIT A PLATEAU. IF YOU TRACK YOUR PROGRESS WITH MORE THAN ONE THING AND COMPARE NOTES THEN I'M SURE YOU WILL FIND YOURSELF GETTING CONSISTENTLY BETTER OVER TIME.

THIS EBOOK IS FOCUSED ON GROWTH IN YOUR ARMS, SO WE DEFINITELY WANT TO TRACK THAT! HOWEVER, THIS IS A WORKOUT PLAN THAT SHOULD STILL SHOW IMPROVEMENTS IN OTHER AREAS AS WELL. THIS IS WHY IT IS IMPORTANT TO HAVE A PLAN TO TRACK PROGRESS THAT DETAILS KEY POINTS IN YOUR WORKOUT.

"It's important to set up a method to track your progress before committing to any plan."

LOGBOOK

I SUGGEST KEEPING AS MANY DETAILS IN YOUR LOGBOOK AS POSSIBLE. THE IMPORTANT THINGS TO TRACK ARE YOUR HEAVIEST SETS FOR EACH WORKOUT. IF YOU CAN TRACK THE WEIGHT THAT YOU USED AND NUMBER OF REPS COMPLETED FOR YOUR TOP SET OF EVERY EXERCISE THEN YOU CAN REFER TO YOUR PAST PERFORMANCE EACH WORKOUT AND HAVE A NUMBER TO BEAT.



YOUR FIRST RUN THROUGH THE WORKOUT SPLIT WILL ESTABLISH SOME NUMBERS AND THEN YOU CAN FOCUS ON BEATING THOSE NUMBERS EACH TIME YOU WORKOUT. SOME REFER TO THIS AS LINEAR PROGRESSION BECAUSE WE ARE STRIVING TO USE A HEAVIER WEIGHT OR GET MORE REPS WITHIN THE DESIGNED REP RANGES OF THE WORKOUT OVER TIME. THIS MEANS WE ARE TRYING TO CONSISTENTLY PROGRESS FROM WEEK TO WEEK IN A LINEAR FASHION. IF YOU CAN LIFT A HEAVIER WEIGHT AND/OR GET MORE REPS THAN BEFORE THEN YOU ARE MAKING PROGRESS! THIS PERFORMANCE PROGRESS WILL LEAD TO MUSCLE GROWTH. AFTER ALL, THERE IS ONLY SO MUCH PERFORMANCE A MUSCLE CAN GAIN BEFORE IT NEEDS TO GROW BIGGER. PUSHING THE MUSCLE TO THIS LIMIT IS A WAY TO GUARANTEE THAT YOU ARE STIMULATING MUSCLE GROWTH.

"If you can track the weight that you used and number of reps completed for your top set of every exercise then you can refer to your past performance each workout and have a number to beat."

PROGRESS PICTURES

PROGRESS PICTURES ARE ANOTHER GREAT WAY TO VIEW PROGRESS, BUT THIS IS TYPICALLY SEEN OVER LONG PERIODS OF TIME. IT'S VERY HARD TO SEE CHANGES IN PROGRESS PICTURES ON A WEEKLY BASIS. SOMETIMES IT'S EVEN HARD ON A MONTHLY BASIS, BUT THAT DOESN'T MEAN THAT PROGRESS ISN'T STILL HAPPENING.

I SUGGEST THAT YOU TAKE PROGRESS PICTURES AT THE SAME TIME EVERY WEEK. IF YOU TAKE THEM AT NOON ON SUNDAYS THEN ALWAYS TAKE THEM AT NOON ON SUNDAYS. THIS WILL BE THE MOST ACCURATE WAY TO USE PROGRESS PICTURES AS A MEANS TO TRACK PROGRESS. IF YOU TAKE PROGRESS PICTURES IN DIFFERENT SPOTS, WITH DIFFERENT LIGHTING, AND AT DIFFERENT TIMES OF THE DAY / WEEK THEN YOU DON'T HAVE ANY CONSISTENCY. LIGHTING AND TIME OF DAY BOTH AFFECT HOW YOU LOOK, SO IT'S IMPORTANT TO BE CONSISTENT WITH THE TIME AND LOCATION FOR YOUR PROGRESS PICTURES.



“IT’S VERY HARD TO SEE CHANGES IN PROGRESS PICTURES ON A WEEKLY BASIS. SOMETIMES IT’S EVEN HARD ON A MONTHLY BASIS, BUT THAT DOESN’T MEAN THAT PROGRESS ISN’T STILL HAPPENING.”

TAKING MEASUREMENTS

LASTLY, THE BEST WAY TO CHECK FOR PROGRESS IN YOUR ARMS WITH THE #EDIAD EBOOK IS TO MEASURE YOUR ARMS WITH A TAPE MEASURE WEEKLY. IF YOU BUILD A HABIT TO TAKE PROGRESS PICTURES AT THE SAME TIME EVERY WEEK, THEN YOU SHOULD MEASURE YOUR ARMS AT THIS SAME TIME AND LOG IT.

YOU CAN TAKE MEASUREMENTS OF OTHER MUSCLES AS WELL. WE ARE FOCUSED ON ARMS, BUT I HOPE THAT YOU SEE MUSCLE GROWTH IN MORE THAN ONE AREA WITH THIS PLAN. BE AS DETAILED WITH YOUR MEASUREMENTS AS POSSIBLE. JUST LIKE PROGRESS PICTURES, YOU MAY NOT SEE MUCH PROGRESS WEEK TO WEEK, BUT I GUARANTEE YOU WILL SEE PROGRESS OVER TIME.

“If you build a habit to take progress pictures at the same time every week, then you should measure your arms at this same time and log it.”

TRACKING SCALE WEIGHT

THIS PLAN IS DESIGNED TO HELP YOU BUILD MUSCLE. IN ORDER TO BUILD MUSCLE THEN YOU WILL NEED TO BE EATING IN A CALORIC SURPLUS. IF YOU EAT IN A CALORIC SURPLUS THEN YOU WILL GAIN WEIGHT. IF YOU ARE NOT GAINING WEIGHT THEN YOU ARE LIKELY NOT EATING ENOUGH TO GROW. IF YOU ARE GAINING WEIGHT TOO QUICKLY THEN YOU MIGHT BE PUTTING ON UNWANTED BODY FAT. THIS IS WHY IT’S IMPORTANT TO TRACK THE SCALE TO SEE HOW YOUR NUTRITIONAL PLAN IS COOPERATING WITH YOUR GOALS.



IT'S IMPORTANT TO TRACK YOUR SCALE WEIGHT ON THE SAME SCALE AND AT THE SAME TIME WEEKLY. IF YOU ARE GOING TO TAKE MEASUREMENTS AND PROGRESS PICTURES AT THE SAME TIME EVERY WEEK, THEN I WANT YOU TO TOSS IN A SCALE MEASUREMENT AS WELL. YOU WILL NEED IT TO HELP YOU MAKE ADJUSTMENTS TO YOUR DIET TO MAKE SURE THAT YOU ARE EATING ENOUGH TO GROW WITHOUT EATING TOO MUCH AND PUTTING ON A SIGNIFICANT AMOUNT OF BODY FAT. YOU SHOULD TRY TO SEE GAINS OF $\frac{1}{4}$ -2LBS PER WEEK. IF YOU GAIN LESS THAN THIS ON A CONSISTENT WEEKLY BASIS THEN YOU LIKELY AREN'T EATING ENOUGH TO GROW. IF YOU GAIN MORE THAN THIS ON A CONSISTENT WEEKLY BASIS THEN YOU ARE PROBABLY PUTTING ON BODY FAT. EVEN 2LBS PER WEEK CONSISTENTLY MIGHT BE A RESULT OF EXCESS FAT GAIN. THIS IS WHERE YOU WANT TO RESORT TO YOUR PROGRESS PICTURES TO SEE IF YOU'VE BEEN GAINING BODY FAT OVER TIME.

"If you eat in a caloric surplus then you will gain weight. If you are not gaining weight then you are likely not eating enough to grow. If you are gaining weight too quickly then you might be putting on unwanted body fat."

THE IMPORTANT THING TO REMEMBER IS THAT RECORDING DATA IS NOT ONLY THE BEST WAY TO TRACK PROGRESS, BUT IT CAN SHOW YOU LACK OF PROGRESS AS WELL. YOU NEED TO KNOW THIS INFORMATION TO CONTINUE PUSHING HARD IN THE GYM, MAKE DIETARY ADJUSTMENTS, AND SEE WHERE YOU ARE FAILING. IF YOU CAN CORRECT THE PARTS OF YOUR PLAN THAT AREN'T WORKING THEN YOU WILL MAKE PROGRESS.

I GUARANTEE THAT IF YOU KEEP DETAILS ABOUT YOUR PERFORMANCE WITH THE PLAN THAT IT WILL SHOW YOU WHAT YOU NEED TO FIX TO KEEP MAKING PROGRESS. ADJUSTMENTS TO ANY PLAN ARE CRUCIAL AND YOU WILL NOT KNOW HOW TO MAKE ADJUSTMENTS IF YOU AREN'T COLLECTING DATA. USE THESE METHODS TO TRACK YOUR PROGRESS AND MAKE ADJUSTMENTS FOR MAXIMUM GAINZ OVER TIME!



"The important thing to remember is that recording data is not only the best way to track progress, but it can show you lack of progress as well."

EXTRA REST INTEGRATION

WHEN I TOLD PEOPLE "EVERY DAY IS ARM DAY", SOME PEOPLE SAID THAT IT'S OVER TRAINING. OVER TRAINING IS SIMPLY A RESULT OF TRAINING TOO HARD, TOO FREQUENTLY, AND FAILING TO MAKE PROGRESS. I'M NOT AFRAID OF OVER TRAINING BECAUSE I FEEL THAT MOST PEOPLE HAVE NEVER COME NEAR IT!

I'LL ADMIT THAT TRAINING YOUR ARMS WITH A FULL ROUTINE AND RIGOROUS WORKOUT EVERY DAY IS MORE THAN LIKELY GOING TO BE OVER TRAINING FOR 99% OF THE POPULATION. AFTER ALL, THE MUSCLE CAN'T GROW WITHOUT REST AND IF YOU BLAST ARMS 7 DAYS A WEEK THEN I DOUBT THEY WILL GROW. HOWEVER, I TRULY BELIEVE THAT YOU CAN TRAIN A PART OF YOUR ARMS EVERY DAY AND STILL MAKE PROGRESS. THIS #EDIAD EBOOK IS DESIGNED TO STIMULATE THE ARMS AS FREQUENTLY AS POSSIBLE WITHOUT REACHING OVER TRAINING. IF WE CAN ACHIEVE THIS THEN THIS IS THE FASTEST WAY TO BUILD BIGGER ARMS. IT'S WHAT I DID TO BUILD ARMS AND I HOPE THAT MY METHODS WILL WORK FOR YOU TOO!

IT'S IMPORTANT TO NOTE THAT EVERYBODY RECOVERS AT DIFFERENT RATES. WEIGHT LIFTING IS DAMAGING TO THE MUSCLE AND THE NERVOUS SYSTEM. IT'S IMPORTANT TO GET PROPER RECOVERY OR ELSE YOUR BODY WILL BREAK DOWN OVER TIME. I BELIEVE IT IS IMPORTANT TO PAY ATTENTION TO YOUR BODY AND IMPLEMENT EXTRA REST WHEN NEEDED. SOME PEOPLE DO NOT HAVE THE SAME ABILITY TO RECOVER AS QUICKLY AS OTHERS. REMEMBER THE LAST SECTION ABOUT TRACKING PROGRESS? THAT SECTION WILL COME INTO PLAY HERE.



IF YOU ARE TRACKING ALL THE DATA THAT I DISCUSSED IN THE PREVIOUS CHAPTER THEN YOU CAN SEE IF YOU ARE MAKING PROGRESS, STAYING IN A PLATEAU, OR ACTUALLY GOING BACKWARDS WITH PROGRESS. IF YOU ARE NOT MAKING PROGRESS AND THINK THAT YOU ARE OVERTRAINING THEN YOU MAY NEED TO IMPLEMENT AN EXTRA DAY OR TWO OF COMPLETE REST INTO THIS PLAN. YOU CAN DO THIS WITHOUT MODIFYING THE WORKOUTS OR STRUCTURE OF WORKOUT DAYS AS WELL. IF YOU NEED EXTRA REST, IT'S AS SIMPLE AS ADDING IN AN EXTRA REST DAY AND ALLOWING YOUR BODY THE REST AND RECOVERY THAT IT NEEDS.

HERE ARE SOME SIGNS AND SYMPTOMS TO LOOK FOR THAT MIGHT MEAN YOU ARE OVER TRAINING:

- HITTING A PLATEAU FOR MORE THAN 3 WEEKS REGARDING STRENGTH AND PERFORMANCE.**
- EXCESSIVE SORENESS OF THE MUSCLES DURING THE WORKOUT RESULTING IN A WEAK/FATIGUED FEELING.**
- LOSS OF APPETITE.**
- STRUGGLE TO FALL ASLEEP OR STAY ASLEEP.**
- THE CONSTANT FEELING OF BEING LETHARGIC AND THE DESIRE TO SLEEP.**
- MUSCLE LOSS AND/OR THE SIZE OF THE MUSCLE GETTING SMALLER.**
- FAILURE TO GET A PUMP.**

THESE ARE ONLY SOME OF THE WAYS THAT YOUR BODY MIGHT BE TELLING YOU THAT YOU ARE OVERTRAINING. DON'T BE AFRAID TO TAKE AN EXTRA REST DAY HERE AND THERE. IF YOU FOLLOW THIS PLAN FOR LONGER THAN 4-6 WEEKS THEN I CAN ALMOST GUARANTEE THAT YOU WILL NEED TO IMPLEMENT AN EXTRA REST DAY OR TWO OVER THE FOLLOWING 2-3 WEEKS. THIS WILL LIKELY BE NEEDED TO ALLOW YOUR BODY TO CATCH UP. THAT SAID, IF YOU ARE CONSISTENTLY MAKING PROGRESS THEN STICK WITH IT! IF YOU'RE MAKING PROGRESS THEN YOU ARE DEFINITELY NOT OVERTRAINING AND CAN CONTINUE TO FOCUS ON MAKING GAINZ!

"I believe it is important to pay attention to your body and implement extra rest when needed. Some people do not have the same ability to recover as quickly as others."

CONCLUSION

I HAVE NO DOUBT THAT IF YOU WORK HARD AND APPLY ALL THE PRINCIPLES IN THIS EBOOK THAT YOU WILL SEE PROGRESS. JUST REMEMBER THAT WORKING HARD IS ONLY PART OF IT AND THAT YOU WILL NEED TO APPLY YOURSELF TOWARDS TRACKING PROGRESS AND IMPLEMENTING PROPER NUTRITION IN ORDER FOR THIS PLAN TO WORK AT IT'S BEST. IT'S EASY TO TRAIN ARMS EVERY DAY, BUT IT'S NOT EASY TO MAKE PROGRESS. ABOVE ALL, I WANT YOU TO FOCUS ON HAVING FUN. THE WORK YOU PUT IN AT THE GYM SHOULD BE SOMETHING THAT YOU ENJOY. THE DIET THAT YOU FOLLOW SHOULD BE SOMETHING THAT YOU'RE PROUD TO STICK TO. IF YOU AREN'T ENJOYING THIS PROCESS THEN YOU SHOULD FIND ANOTHER HOBBY. REMEMBER THAT THIS IS ALL ABOUT HAVING FUN AND WORKING ON SELF-IMPROVEMENT. IF YOU MAKE SURE TO PRIORITIZE FUN IN TO THIS PLAN THEN IT MAKES THE GAINZ FEEL THAT MUCH BETTER!

THANK YOU FOR PURCHASING THE BMFIT EDIAD EBOOK! I HOPE THAT THIS EBOOK ENDED UP GIVING YOU ALL OF THE INFORMATION AND GAINZ THAT YOU EXPECTED. I WORK HARD TO GIVE THE SQUAD WHAT THEY ASK FOR AND I CAN'T DO WHAT I DO WITHOUT YOU! PLEASE MAKE SURE TO TAG ME IN YOUR PROGRESS PICS ON SOCIAL MEDIA. I WANT TO SHARE IN THE PROGRESS WITH YOU! I APPRECIATE YOUR SUPPORT. NOW GET TO WORK AND REMEMBER THAT EVERY DAY IS ARM DAY.

#SQUAD

