

A black and white photograph of a muscular man, Jeremy Buendia, in a gym setting. He is wearing a black beanie with the 'EVOC' logo, a grey t-shirt with a DNA helix and 'EVOC' logo, and a black weightlifting belt. He is shouting with his mouth wide open and holding a barbell. The background is a blurred gym with various equipment.

JEREMY FIT
BUENDIA FITNESS

≡ 12 Week Guide ≡

BUILDING LEGENDARY ARMS

By 4X Olympia Physique World Champion

Jeremy Buendia

A muscular man with short dark hair and a goatee is shown from the chest up, looking slightly to the left. He is shirtless, showing his well-defined pectoral and abdominal muscles. The background is a blurred gym environment with metal racks and equipment.

WANT TO GET THE ABSOLUTE BEST RESULTS FROM BUILDING LEGENDARY ARMS ?

**STEP IT UP BY JOINING #TEAMBUENDIA'S
ONLINE COACHING PROGRAM!**

- A COMPLETELY PERSONALIZED NUTRITION, SUPPLEMENTATION, AND WORKOUT PROGRAM BASED UPON YOUR DESIRED PHYSIQUE GOALS
- A PERSONAL COACH YOU CAN ASK QUESTIONS TO ANYTIME
- MONTHLY GROUP CALLS WITH THE 4X CHAMP

**YOUR COACH WILL HELP YOU
GET INTO YOUR ABSOLUTE BEST
PHYSIQUE FOR A FULL**

12 WEEKS

**CLICK HERE TO
LEARN MORE**



BUILDING LEGENDARY ARMS

For me, nothing feels better than slipping a t-shirt over my head and feeling the sleeves tightly hug my biceps.

Having big arms has become the standard for the male physique. “How big are your arms?” is the questions most frequently asked (besides “how much do you bench?”).

However, arms can be tricky to develop and genetics play a major factor in your results. Some questions you’ll need to ask yourself include:

- Are my biceps more dominant than my triceps?
- Is the outer head of the tricep superior to the long head?
- Do I have long or short insertions?

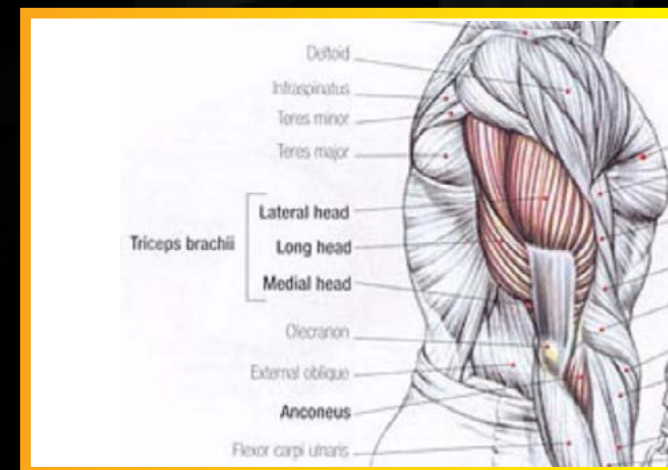
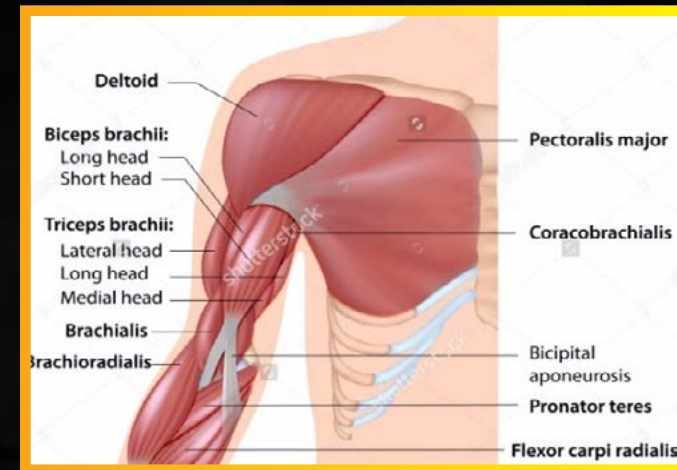
These questions are all factors that can heavily affect the development and structure of your arms. While genetics can play a role in your results, you are capable of manipulating their growth thru training techniques that target the specific muscles of the arm that provide optimal results.

ONE OF THE MAIN REASONS

men lack developed arms is due to them not understanding how to build or train these specific muscles. Proper hand placement, grips, and rep ranges will dictate which muscles in the arm will be the prime mover or more heavily recruited.

For instance, your biceps include the inner head (bicep brachii) and outer head (bicep brachialis). Each of these muscle parts play their role in developing a well-rounded bicep. The Bicep brachii is the inner head which gives the illusion of a taller bicep, whereas the brachialis gives the illusion of a thicker and fuller bicep.

Different exercises will stimulate these specific parts of the bicep more than others. For example, a hammer grip will target the outer head, whereas a neutral grip will target the brachii. It's also important to understand that the width of your grip will stimulate different muscle parts as well. The narrower the grip, the more you will be using the outer head, and the wider the grip the more you will be using the inner head. It's important that you train all aspects of your arm. However, if you have a weak point, it's good to know that you can manipulate your training to target those lagging spots by changing your grip location.



Similarly, the triceps are made up of 3 different muscles. These include the triceps brachii medius, triceps brachia lateral, and triceps brachii longus. The tricep is a much larger muscle than the bicep, being about two-thirds of the total size of your arm.

Therefore, you can't exhibit big arms without a well developed tricep. Again, hand positioning, grip, and particular ranges of motion needs to be considered in order to activate the needed muscles of the tricep effectively. For example, performing straight bar pushdowns and skull crushers will activate the long head, whereas close-grip bench press and rope cable pushdowns will target the lateral head. It's imperative to know if you are lacking in one of these areas.



OVER-ACTIVE MUSCLE HINDERS GROWTH!

You must be cautious that the growth of your arms can be sacrificed if you have other muscles trying to compensate. This is a common mistake for many, so it's imperative to pay special attention and analyze this on your next workout.

One of the biggest compensators for the bicep is your front deltoid and trapezius. If you notice your shoulders burning during your workout, you are more than likely compensating due to an over-active muscle group.

Typically, the insertion between the bicep, chest, and shoulder can get inflamed easily from a previous shoulder or chest workout. When these muscles tighten, it will not allow the bicep to work to its maximum efficiency. It's important to keep your shoulders, and rotator cuff healthy through proper stretching techniques. For example, if you notice your trap contracting when doing curls, it means you are using too much weight or the trapezius muscle is over-active and is firing before the bicep does. This in turn takes the work off of the bicep and will hinder its growth. Proper therapy and stretching is important to resolve these types of issues.

The triceps are also subject to being taken over by certain muscle groups. Primarily, the triceps can be affected by over-active lats and/or over-active posterior deltoids. A good method for determining this is recognizing if you feel a pull on your lats or the back of your shoulder when locking out on a tricep extension. If this is the case, your triceps will not be recruited to their maximal potential and will be hindered from the compensation of the lats or posterior deltoid.

As with any over-active muscle groups, it's imperative to stretch them or have therapy performed on them to allow the proper recruit from the isolated body part during your workout.

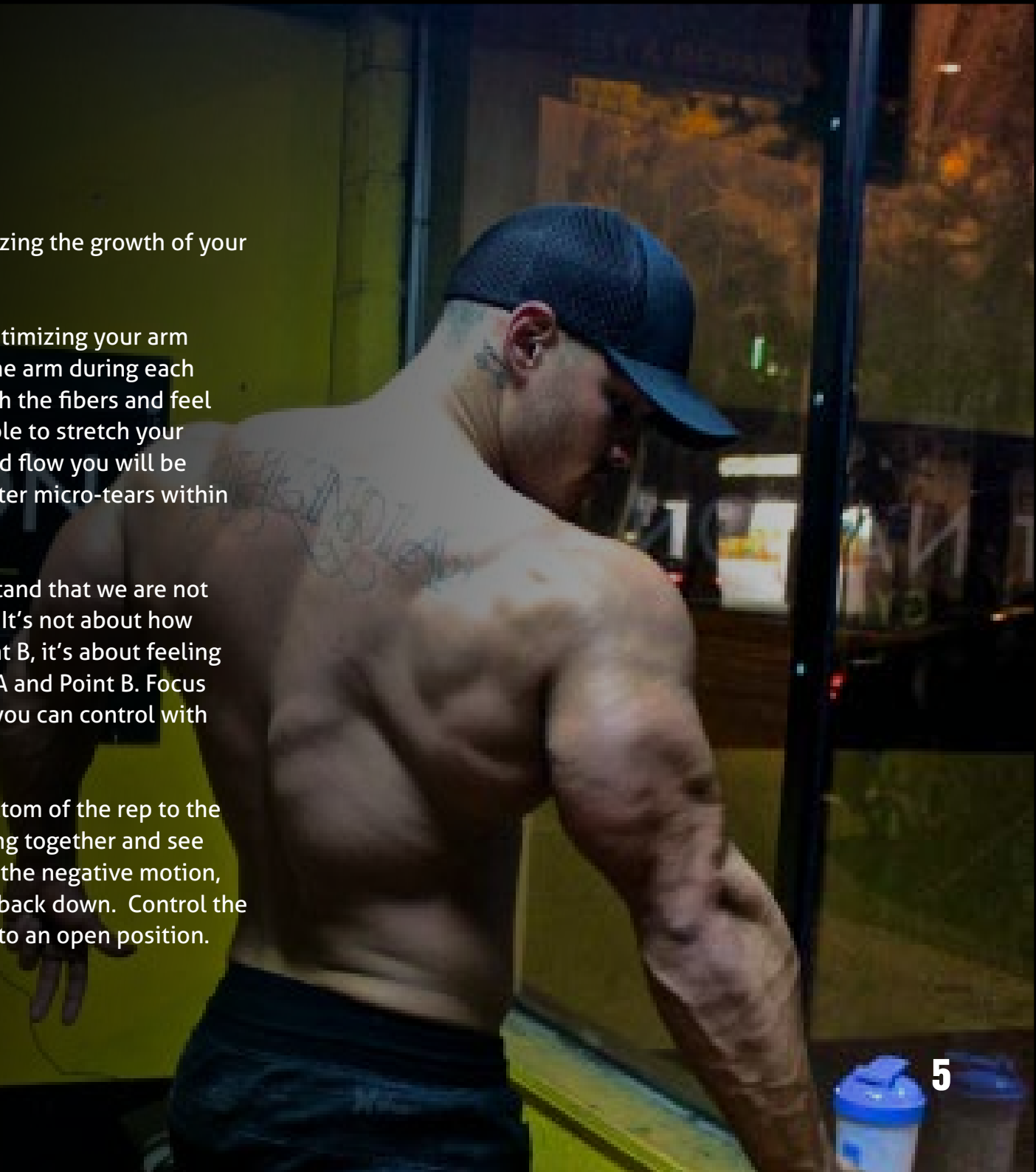
TECHNIQUE

Technique is extremely important when maximizing the growth of your arms.

The mind-to-muscle connection is crucial for optimizing your arm pumps. Think about stretching and squeezing the arm during each repetition. As you bring the weight down, stretch the fibers and feel them open up and elongate. The more you're able to stretch your muscles during each contraction, the more blood flow you will be allowing into your muscles. This will cause greater micro-tears within the muscle fiber and lead to faster growth.

During the contraction, it's important to understand that we are not "swinging" the weight or "pushing" the weight. It's not about how much weight you can move from point A to point B, it's about feeling every single moment of the rep between point A and Point B. Focus on using a weight that is heavy, but something you can control with perfect form.

The idea is to squeeze the muscles from the bottom of the rep to the top of the rep. Visualize the muscle fibers coming together and see your arms fill up with blood as you contract. On the negative motion, be sure that you do not simply drop the weight back down. Control the tempo and feel the fibers slowly stretch back into an open position.



TRAINING FREQUENCY

If you're making arms the primary focus of growth in your current phase of training, I suggest training your biceps and triceps on the same day and hit them two times per week. Ensure you allow ample time between each workout to allow your arms to rest, generally 3 to 4 days apart.



TEMPOS, RANGE OF MOTION, AND VARIOUS PUMP

Understanding tempos, range of motion, and various pump factors will optimize your training regiment. You should be using different techniques to keep your muscle guessing. This will put your muscles in an unfamiliar environment, forcing them to work at their maximal output. Incorporating drop sets, partial reps, supersets, negatives, and isometric contractions will be essential for making major progress in your overall arm development.



SUPPLEMENTATION

Using proper Supplementation will aid tremendously with packing quality muscle onto your arms. Utilizing high-quality supplements will increase growth, improve recovery time, and maximize your pumps in the gym.

Quality supplements such as: leucine, creatine, arginine, BCAA, glutamine, caffeine, glycoject, and a whey isolate will rapidly increase your results. I suggest only using top-of-the-line products made by EVOGEN NUTRITION. Visit www.evogennutrition.com

& use Discount Code 15offJB for 15% off your entire order!



To Maximize results use **EVOGEN NUTRITION's** AMINOJECT, CELL KEM, EVP PLUS, GLYCOJECT, & ISOJECT, CARNIGEN & LIPOCIDE

Over the years, I have tried various techniques. I've discovered that different methods will yield different results.

During this program, I suggest going through 3 phases:

Week 1-4: **SIZE & STRENGTH**

Week 5-8 **HARDNESS & DENSITY**

week 9-12 **PEEL & SHRED**

To Maximize results use **EVOGEN NUTRITION's** AMINOJECT, CELL KEM, EVP PLUS, GLYCOJECT, & ISOJECT, CARNIGEN & LIPOCID



SIZE & STRENGTH

During the first four weeks, You are going to master form. Correct any Imbalances through stretching and using therapy.

You will also emphasize heavy lifting, strength increase, and developing overall mass. It's important to be on a clean diet. However, during this phase, you shouldn't be on a high deficit caloric diet. You will need the carbs, fats, protein, and creatine (red meats) to help aid in maximal growth.

For more specific guidance, visit www.jeremybuendiafitness.com

On arm days (week 1-4):

Take 1 scoop **CELL KEM** upon waking and intra workout

Take 1 scoop **GLYCOJECT** pre-workout, take 2 scoops intra workout.

Take 1 scoop **AMINOJECT** post-workout, and 1 scoop prior to bed

Take 1-2 scoop **EVP or EVP PLUS** 15 minutes prior to weight training

Take 1 scoop **ISOJECT** upon waking and 2 scoop immediately after weight lifting.

WARM-UP: it is important to spend 5-10 minutes warming up your shoulders with light weight. Do various range of motion stretches and rotator cuff exercise. TAKE CARE OF YOUR BODY!

** (all weight listed would be the weight Jeremy Buendia would use)

Exercise 1

BARBELL CURL *shoulder width grip

ILLUSTRATION ►

LIVE DEMO ►

- Set 1 45lbs 15 reps (warm-up)
 - Set 2 65lbs 10 reps (warm-up)
 - Set 3 95lbs 10 reps
 - Set 4 115lbs 8 reps
 - Set 5 95lbs 10 reps
 - Set 6 95lbs 5 reps **finish with 5 partial reps (all the way down, and half way up)
- *rest 60-90 seconds in between sets

Exercise 2

DB ALTERNATING HAMMER CURL

ILLUSTRATION ►

- Set 1 30lbs DB's 10 reps ea arm
 - Set 2 40lbs DB's 8 reps ea arm
 - Set 3 50lbs DB's 6 reps ea arm
 - Set 4 30lbs DB's 5 full reps *iso right arm 5 reps* iso left arm 5 reps* finish with 5 partial reps (iso* hold one arm at 90 degrees while the other arm performs the reps)
 - Set 5 30lbs DB's 10 reps both arms same time**finish with 10 partial reps together
- *rest 60-90 seconds in between sets

Exercise 3

MACHINE PREACHER CURL *I use plate loaded machine

ILLUSTRATION ►

- Set 1 45lbs 15 reps*squeeze bicep at peak contraction for "one-one thousand" count
- Set 2 70lbs 12 reps*squeeze bicep at peak contraction for "one-one thousand" count
- Set 3 95lbs 10 reps*squeeze bicep at peak contraction for "one-one thousand" count
- Set 4 95lbs 8 reps*squeeze bicep at peak contraction for "one-one thousand" count****then drop set,

Exercise 4

DB INCLINE CURL *palms facing forward the whole range of motion

ILLUSTRATION ►

- Set 1 20lbs DB's 12 reps
- Set 2 25lbs DB's 10 reps
- Set 3 30lbs DB's 8 reps
- Set 4 30lbs DB's 6 reps**dropset down to 20lbs and finish with 8 reps
- Set 5 25lbs DB's 10 partial reps followed by 5 full reps
*rest 60-90 seconds in between sets

Exercise 5

BARBELL CLOSE-GRIP BENCH PRESS

ILLUSTRATION ►

Set 1 135lbs 10 reps (warm-up)

Set 2 185lbs 10 reps (warm-up)

Set 3 225lbs 8 reps

Set 4 275lbs 6 reps

Set 5 315lbs 4 reps

Set 6 225lbs 10 reps

**rest 60-90 seconds in between sets*

Exercise 6

CABLE STRAIGHT BAR PUSH DOWN

ILLUSTRATION ►

LIVE DEMO ►

Set 1 15 reps (warm-up)

Set 2 10 reps

Set 3 8 reps

Set 4 6 reps

Set 5 6 reps dropset the weight by 25% and finish with 10 reps

**rest 60-90 seconds in between sets*

Exercise 7

E-Z BAR LYING SKULLCRUSHER

ILLUSTRATION ►

LIVE DEMO ►

- Set 1 15 reps (warm-up)
- Set 2 10 reps
- Set 3 8 reps
- Set 4 6 reps
- Set 5 6 reps dropset the weight by 25% and finish with 10 reps

**rest 60-90 seconds in between sets*

Exercise 8

LOW CABLE PULLEY ROPE OVERHEAD TRICEP EXTENSION

ILLUSTRATION ►

- Set 1 15 reps (warm-up)
- Set 2 10 reps
- Set 3 8 reps
- Set 4 6 reps
- Set 5 6 reps dropset the weight by 25% and finish with 10 reps

**rest 60-90 seconds in between sets*



DENSITY & FULLNESS

During weeks 5-8, we are going to bring out your arm's density and fullness. This is the month dedicated to the pump! We will be using drop-set techniques, super-set techniques, and partial rep techniques.

It is advised to still stay on top of your therapy and stretching to ensure your overactive muscles don't come back and take away from your arm gains. This month you will truly learn what mind-to-muscle connection is, and should feel that you learned how to completely recruit all of the fibers within your arms.

It's important to be on a clean diet. However during period, you shouldn't be on a high deficit caloric diet. You will need the carbs, fats, protein, and creatine (red meats) to help aid in maximal growth.

For more specific guidance visit
www.jeremybuendiafitness.com

On arm days (week 5-8):

Take 1 scoop **CELL KEM** upon waking and intra workout

Take 1 scoop **GLYCOJECT** pre-workout, take 2 scoops intra workout.

Take 1 scoop **AMINOJECT** post-workout, and 1 scoop prior to bed

Take 1-2 scoop EVP or EVP PLUS 15 minutes prior to weight training

Take 1 scoop **ISOJECT** upon waking and 2 scoop immediately after weight lifting.

Take **CARNIGEN OR CARNIGEN PLUS** 1 scoop before cardio and 1 scoop 15 minutes prior to weight training.

WARM-UP: it's important to spend 5-10 minutes warming up your shoulders with a light weight. Do various range of motion, stretches, and rotator cuff exercise. TAKE CARE OF YOUR BODY!

** (all weight listed would be the weight Jeremy Buendia would use)

Exercise 1

Cable Cambered Bar Curl SUPERSET w/ TRICEP STRAIGHT BAR CABLE PUSHDOWNS

ILLUSTRATION ►

LIVE DEMO ►

- Set 1 70lbs 15 reps (warm-up)***tricep 70lbs 15 reps (warm-up)
Set 2 80lbs 15 reps (warm-up)***tricep 90lbs 15 reps (warm-up)
Set 3 90lbs 12 reps ***tricep 125lbs 12 reps
Set 4 110lbs 10 reps***tricep 150lbs 10 reps
Set 5 125lbs 8 reps***tricep 160lbs 8 reps

*rest 90-120 seconds in between sets

Exercise 2

MACHINE SINGLE ARM PREACHER CURL SUPERSET w/* DB OVERHEAD TRICEP EXT.

ILLUSTRATION ►

ILLUSTRATION ►

- Set 1 35lbs 15 reps ea arm (warm-up)***tricep 60lbs DB 15 reps (warm-up)
Set 2 45lbs 12 reps ea arm ***tricep 80lbs DB 12 reps
Set 3 55lbs 12 reps ea arm***tricep 100lbs DB 10 reps
Set 4 65lbs 10 reps ea arm***tricep 110lbs DB 10 reps
Set 5 45lbs 5 partial reps, 5 full reps, 5 10 partial reps***tricep 80lbs DB 5 partial reps, 5 full reps, 10 partial reps

*rest 90-120 seconds in between sets

Exercise 3

WIDE GRIP BARBELL PARTIAL TO FULL REP CURLS SUPERSET w/* CABLE ROPE PUSHDOWNS SUPERSET w/* CLOSE GRIP TRICEP PUSH-UPS on Bench

ILLUSTRATION ►

ILLUSTRATION ►

- Set 1 65lbs 5 partials, 10 full, 5 partials***tricep pushdowns 75lbs 15 reps**push-ups 15 reps
Set 2 85lbs 5 partials, 8 full, 5 partials***tricep pushdowns 85lbs 12 reps**push-ups 15 reps
Set 3 95lbs 5 partials, 6 full, 5 partials***tricep pushdowns 95lbs 10 reps**push-ups 15 reps
Set 4 105lbs 5 partials, 5 full, 5 partials***tricep pushdowns 105lbs 10 reps**push-ups 15 reps

**rest 90-120 seconds in between sets*

Exercise 4

DB HAMMER CURL DROP SETS SUPERSET w/* DB TRICEP KICK BACKS

ILLUSTRATION ►

ILLUSTRATION ►

- Set 1 40lb DB 10 reps, 30lb DB 10 reps, 20lb DB 10 reps***tricep 20lbs 5 pause reps, 5 full reps, 5 pause reps, 5 full reps
Set 2 40lb DB 8 reps, 30lb DB 8 reps, 20lb DB 8 reps***tricep 20lbs 5 pause reps, 5 full reps, 5 pause reps, 5 full reps
Set 3 40lb DB 8 reps, 30lb DB 8 reps, 20lb DB 8 reps***tricep 20lbs 5 pause reps, 5 full reps, 5 pause reps, 5 full reps

**rest 90-120 seconds in between sets*

Exercise 4

DB ARNOLD CURL SUPERSET w/* SINGLE ARM CABLE PUSHDOWN

ILLUSTRATION ►

Set 1 25lbs DB 5 full reps, 5 partial reps, 5 full reps, 5 partial reps***tricep 35lbs 15 reps ea arm
Set 2 25lbs DB 5 full reps, 5 partial reps, 5 full reps, 5 partial reps***tricep 35lbs 15 reps ea arm
Set 3 25lbs DB 5 full reps, 5 partial reps, 5 full reps, 5 partial reps***tricep 35lbs 15 reps ea arm
Set 4 25lbs DB 5 full reps, 5 partial reps, 5 full reps, 5 partial reps***tricep 35lbs 15 reps ea arm
*rest 90-120 seconds in between sets



PEEL & SHRED

During the last 4 weeks of this program, we will bring out all those nasty splits and lines in your arms. Look for the striations across the outer head of your tricep, and for the split between your bicep heads.

Our intensity this month will pick up, we will be minimizing rest time and will be increasing the aerobic threshold. We will be using, triple drop sets, tri-sets, and blood starving sets. At this point you should have had all of your muscular imbalances taken care of by your therapist or through stretching. If not, it's advised to stay on-top of your therapy and stretching to ensure your overactive muscles don't come back and take away from your gains.

This month you will truly learn the definition of hard work and what it takes to get your arms jacked! It's important maintain a clean diet and watch your caloric intake. We want to make sure you are at a balance of calories in, calories out, or even a possible deficit. The idea is to maintain the added muscle mass, while stripping away the body fat - leaving you with a ripped and striated chest.

For more specific guidance
visit www.jeremybuendiafitness.com

On Arm Days (week 9-12):

Take 1 scoop **CELL KEM** upon waking and intra workout

Take 1 scoop **GLYCOJECT** intra workout.

Take 1 scoop **AMINOJECT** post-workout, and 1 scoop prior to bed

Take 1-2 scoop **EVP** or **EVP PLUS** 15 minutes prior to weight training

Take 1 scoop ISOJECT upon waking and 2 scoop immediately after weight lifting.

Take **CARNIGEN** or **CARNIGEN PLUS** 1 scoop before cardio and 1 scoop 15

minutes prior to weight training.

Take 1 scoop of **LIPOCIDE IR** upon waking

WARM-UP: it is important to spend 5-10 minutes warming up your shoulders with light weight. Do various range of motion stretches and rotator cuff exercise. TAKE CARE OF YOUR BODY!

** (all weight listed would be the weight Jeremy Buendia would use)

Exercise 1

DB CURL VARIATION (open palm/hammer grip) SUPERSET w/ CLOSE-GRIP BENCH SUPERSET w/ Close-Grip Decline Push-ups

ILLUSTRATION ►

ILLUSTRATION ►

Set 1 20lbs 10 open palm curls, 10 reps hammer curls***tricep bench 135lbs 15 reps, push-ups 15 reps

Set 2 25lbs 10 open palm curls, 10 reps hammer curls***tricep bench 185lbs 10 reps, push-ups 15 reps

Set 3 30lbs 10 open palm curls, 10 reps hammer curls***tricep bench 225lbs 10 reps, push-ups 15 reps

Set 4 35 lbs 10 open palm curls, 10 reps hammer curls***tricep bench 275lbs 8 reps, push-ups 15 reps

*rest 90-120 seconds in between sets

Exercise 2

MACHINE PREACHER CURL DROP SETS SUPERSET w/ EZ-BAR SKULL CRUSHER & CLOSE GRIP PRESSES

ILLUSTRATION ►

ILLUSTRATION ►

LIVE DEMO ►

Set 1 75lbs 6 reps, 50lbs 10 reps, 25lbs 15 reps***tricep 100lbs 15 reps, close press 15 reps

Set 2 75lbs 6 reps, 50lbs 10 reps, 25lbs 15 reps***tricep 100lbs 15 reps, close press 15 reps

Set 3 75lbs 6 reps, 50lbs 10 reps, 25lbs 15 reps***tricep 100lbs 15 reps, close press 15 reps

Set 4 75lbs 6 reps, 50lbs 10 reps, 25lbs 15 reps***tricep 100lbs 15 reps, close press 15 reps

*rest 90-120 seconds in between sets

Exercise 3

CLOSE-GRIP CABLE CURL SUPERSET w/*tricep cable rope pushdown ***BLOOD STARVING SETS**

ILLUSTRATION ►

****Keep arms elevated over head for 30 seconds in between sets, DO NOT PUT THEM DOWN UNTIL ALL FOUR SETS ARE COMPLETED*

Set 1 70lbs 15 reps***tricep 100lbs 15 reps

Set 2 70lbs 15 reps***tricep 100lbs 15 reps

Set 3 70lbs 15 reps***tricep 100lbs 15 reps

Set 4 70lbs 12 reps***tricep 100lbs 12 reps

Set 5 70lbs 12 reps***tricep 100lbs 12 reps

**rest 30 seconds in between sets w/ arms over head*

Exercise 4

DB STATIC HOLD CURLS SUPERSET w/*TRICEP DIPS

ILLUSTRATION ►

ILLUSTRATION ►

Set 1 25lbs DB's watch video for instruction***tricep dips rep to failure

Set 2 25lbs DB's watch video for instruction***tricep dips rep to failure

Set 3 25lbs DB's watch video for instruction***tricep dips rep to failure

**rest 90-120 seconds in between sets*

THIS CONCLUDES THE 12 WEEK PROGRAM TO BUILDING LEGENDARY ARMS! I HOPE YOU LEARNED SOME VALUABLE LESSONS! YOU SHOULD HAVE A STRONGER UNDERSTANDING ON HOW THE ARMS WORK THROUGH EXPLORING VARIOUS TRAINING TECHNIQUES. YOUR GYM IQ SHOULD HAVE INCREASED.

YOUR ARMS WILL CONTINUE TO IMPROVE OVER TIME. YOU TOO CAN HAVE A SET OF LEGENDARY ARMS! BE SURE TO CHECK OUT **WWW.JEREMYBUENDIAFITNESS.COM** FOR OTHER E-BOOKS AND TRAINING INFORMATION!

A muscular man with short dark hair and a goatee is shown from the chest up, looking slightly to the left. He is shirtless, showing his well-defined muscles. The background is a blurred gym environment with various pieces of equipment.

WANT TO GET THE ABSOLUTE BEST RESULTS FROM BUILDING LEGENDARY ARMS ?

**STEP IT UP BY JOINING #TEAMBUENDIA'S
ONLINE COACHING PROGRAM!**

- A COMPLETELY PERSONALIZED NUTRITION, SUPPLEMENTATION, AND WORKOUT PROGRAM BASED UPON YOUR DESIRED PHYSIQUE GOALS
- A PERSONAL COACH YOU CAN ASK QUESTIONS TO ANYTIME
- MONTHLY GROUP CALLS WITH THE 4X CHAMP

**YOUR COACH WILL HELP YOU
GET INTO YOUR ABSOLUTE BEST
PHYSIQUE FOR A FULL**

12 WEEKS

**CLICK HERE TO
LEARN MORE**