

IRON FORGED FOREARMS OF HEPHAESTUS



THE IRON BLUEPRINT

PALMS UP DUMBBELL FOREARM CURL

EXERCISE GUIDE:

1. Grip a dumbbell in both hands. Sit down on a bench with your forearms placed on your upper thigh. Your palms should be facing upwards. Your wrist should be directly above your knee. This will be your starting position.
2. Exhale as you bend your wrists and curl the weight towards your forearm. Do not move your forearm.
3. Contract the forearm at the top of the movement.
4. Inhale as you lower the weight as far as possible without moving your forearm to your starting position.
5. Repeat for the desired amount of reps.



THE IRON BLUEPRINT

PALMS DOWN DUMBBELL FOREARM CURL

EXERCISE GUIDE:

1. Grip a dumbbell in both hands. Sit down on a bench with your forearms placed on your upper thigh. Your palms should be facing downwards. Your wrist should be directly above your knee. This will be your starting position.
2. Exhale as you bend your wrists and extend the top of your hand towards your forearm. Do not move your forearm.
3. Contract the forearm at the top of the movement.
4. Inhale as you lower the weight as far as possible without moving your forearm to your starting position.
5. Repeat for the desired amount of reps.

COMMON MISTAKES:

1. NOT PERFORMING THE FULL MOVEMENTS. The muscles need to be flexed completely at the wrist to provide full contraction. Many people choose the heaviest weight in the belief that this will spark the most growth. The forearm muscles are primarily type I fibers. This means that you must choose a weight that is lighter where you can complete more reps to elicit a hypertrophic response. Choosing a heavy weight and not performing full ROMs will delegitimize your claim to a new world of forearm gains.

THE IRON BLUEPRINT

PALMS DOWN DUMBBELL FOREARM CURL



THE IRON BLUEPRINT

▾ BARBELL REVERSE CURLS ▸

EXERCISE GUIDE:

1. Grab a barbell and stand straight up. Your feet and arms should be shoulder width apart. Use an overhand grip with your palms pointing down. This will be your starting position.
2. Exhale and curl the weight up towards your upper body. Bend at your elbows while keeping your upper arm stationary.
3. Flex at the top of the movement for 1 to 2 seconds.
4. Inhale and return to your starting position.
5. Repeat for the desired amount of sets and reps.

COMMON MISTAKES:

1. **MOVING THE UPPER ARM.** Again, we are drawn in by the sins of our past. We want to swing the heaviest hammer and fell the biggest beast. In this action, we end up using a weight that is too difficult to control. If we move our upper arms, we are decreasing the range of motion of the movement. Focus on controlling the weight to truly build a massive forearm.

THE IRON BLUEPRINT

BARBELL REVERSE CURLS



THE IRON BLUEPRINT

HAMMER CURLS

EXERCISE GUIDE:

1. Grab two dumbbells and stand with your legs shoulder width apart.
2. Hold the dumbbells in a neutral grip with your thumbs facing forward. This will be your starting position.
3. Exhale as you curl your arms upward while keeping your elbows stationary.
4. Keep the tension on the muscle as you contract the bicep.
5. Bring the weight to the shoulder level and pause for 1 to 2 seconds.
6. Return the weight to the starting position.
7. Repeat for the desired amount of sets and reps.

COMMON MISTAKES:

1. **SWINGING THE WEIGHT UP.** If you choose a weight that is too heavy, you may end up swinging the weight. This will remove tension throughout the lower and upper portions of the movement. You may feel like you have accomplished moving the weight, but it will not have the desired effects. Just like Cronus who was tricked into sparring his son, so too will you believe you've efficiently working your forearms. Concentrate on the meaning behind the movement and you will see explosive growth.

THE IRON BLUEPRINT

◀ HAMMER CURLS ▶



THE FOREARM REVOLUTION

You've worked hard in the gym. Toiled away for hours daily without ever building what you envision. That ends today. Today you begin the long, arduous task of hammering out godly forearms. Grip your tools tightly, for soon your muscles shall burn and evolve into a weapon unlike any this world has seen before.

Perform the below workouts as an accessory to your current workloads. Do not do them the day before deadlifts or any day that requires intensive grip strength. If possible, perform them at the end of your bicep workout.

WORKOUT #1

Exercise	Sets	Reps	Rest
Hammer Curls	4	15 reps	45 seconds
Palms Up Curl (superset)	3	20 reps	0 seconds
Palms Down Curl (superset)	3	20 reps	30 seconds

THE FOREARM REVOLUTION

WORKOUT #2

Exercise	Sets	Reps	Rest
Barbell Reverse Curls	3	20 reps	45 seconds
Palms Up Curl (superset)	3	20 reps	0 seconds
Palms Down Curl (superset)	3	20 reps	30 seconds

