

CRAFTING A

# CLASSIC★PHYSIQUE

VOLUME 1: ABSOLUTE ARMS



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# INTRODUCTION

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Let's roll up our sleeves and put in some work! The classic physique is built through a calculated approach to training, precision execution, and a brutal work ethic. Of course we're going to put slabs of muscle onto our frame, but the classic physique should be carefully crafted, so it's important to take your body type, strengths, and weaknesses into consideration when making choices in exercise selection, frequency, and training style.

In this book, we're going to break down some training methods I've used to build and shape my arms to have a balanced, thick, and symmetrical look that not only stand on their own, but match the rest of my physique. You'll put your arms through a series of modalities that are meant to illicit the most muscle growth in the shortest amount of time.



## APPLYING THIS GUIDE

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My advice to you is to assess your physique objectively before you start. Everyone has a unique look, and it is imperative that you get to know your body: study it and get to know your strengths and weaknesses so that you understand how to capitalize on the genetic package you've been given. If you need help assessing your body, it's a great idea to use an experienced friend or hire a coach. All the greats have had someone in their corner calling the shots and guiding their athlete to success. This is the reason I offer coaching to people ranging from beginners at the gym to more advanced competitors. Everyone needs that experienced eye.

I've categorized this trainer so that you can prioritize the your weaknesses and optimize your training based on your genetic structure. The length and insertion points of your musculature can give the illusion of size or a lack thereof, and have a big impact on how your arm shape effects the way you appear both on and off stage.

There are 4 typical arm "types." Your arms fall loosely into one of these categories depending on the lengths of the various heads of the bicep, tricep, and their shape in relation to your shoulder and forearm.

You'll use the priority principle to focus most of your efforts on your genetic weakness so that you gain that 3D, balanced, classic arm look. Let's get started.



# ABSOLUTE CONTROL

## KNOW THYSELF

To craft a perfect set of arms, you need absolute control of how you stimulate them, and you need to address your strengths and weaknesses strategically. The anatomy of the arm is fairly simple, and you'll need to understand what type of movement each head of the bicep and tricep is responsible for so that you can visualize that muscle function while you perform each movement and get a really strong mind-muscle connection. Let's take a look at the anatomy of the arm so that we have absolute control over how we build it.



## THE TRICEP

The Tricep has three heads. The Long head runs lengthwise down the arm, close to your body. It makes up the bulk of your arm. Let's keep it really simple: it makes your arm look thick from the side. The Lateral head runs along the side of your arm and depending on your genetic structure, can contribute to a 3D look, or create a gap that can make your arm look small. Either way, it will give your arm a thick look from the front once you build it appropriately. The medial head wraps on the inside of your arm above your elbow, contributing to a round hanging appearance in a double bicep pose and also contributes to thickness, strength, and stability of your arm.



# ABSOLUTE CONTROL

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For example, arm B has a thinner lateral head, a short, peaked long head, and a strong medial head. It gives the arm a less full look than arm D, especially when you're wearing a shirt. You can't change this structure, but you can capitalize on what you have. Arm B should prioritize building his genetically thin lateral head and making the most of his advantageously peaked tricep look.

## BICEPS

The bicep is comprised of two heads. We'll also include the brachialis in biceps, as it is a pulling muscle and contributes to the function and look of your upper arm. The long head sits on the lateral part (the outside) of your arm right next to the lateral head of the tricep. The short head is inside of your arm. The biceps function to flex your elbow and help supinate your forearm.

The long head contributes to shoulder stability and gives your biceps a peaked look. This head is primarily responsible for supination, and that it is important to keep in mind when you're trying to get peaked biceps. The short head, you typically will have a thick arm with a flat peak, as seen in arm B, whereas arm A has a strong long head.

The Brachialis is an often-neglected muscle between the lateral head of the triceps. It adds thickness and depth to your arms and actually pushes those two muscles away from each other as it gets thicker, making your arm look even wider.



# ABSOLUTE TRAINING

## RUN THE GAUNTLET

This is arm day. If arms are a weakness for you, you should train them twice a week. If there is one particular aspect of your arms that is especially weak, you should prioritize it every work out and add an additional session sometime during your training split. So for instance, if you train arms Monday and Friday and you have a weak lateral head of your triceps, add 4 sets of rope push-downs on Wednesday. Don't be afraid to hit arms a lot – they are constantly in use and typically need a lot of stimulation in order for them to grow. Arms are a smaller muscle group and recover more quickly than your back, for instance, and that means you can really give them a beating. Test yourself, even on high rep sets, to give it everything you've got. Don't get hard, strategic work confused with just lots of moving your arms back and forth. You should be completely exhausted even after an arm workout.

Before we get into the workout, let's go over what a rep means, and then talk about how we're going to perform each rep for optimal results. Each rep is comprised of three parts: The concentric (positive), an isometric (contracted pause), and the eccentric (negative). For our purposes, we will always perform our reps with an explosive positive, a slight isometric pause when the muscle is fully contracted, and a slow negative, keeping tension on the muscle and feeling it lengthen through the range of motion.



# CLASSIC RESULTS

## THE BIOMECHANICS OF DOMINANT ARMS

To optimally target each part of your arm, we will manipulate several training variables that will put it in a position to work most efficiently. Your arm position in relation to the shoulder joint makes a significant impact on which part of your arm is doing work, as well as whether your hands are pronated, neutral, or supinated. No matter which exercises you choose, your entire muscle-group will be activated, but we will strategically emphasize certain movements. The bottom line is that big, heavy, compound exercises will always put the most load through the muscle and result in better stimulation. Never favor a lighter, more specific isolation exercise over a heavy hitting exercise if you have the choice.

With that being said, there is a technique that breaks that rule. Sometimes you can choose to start your workout by stimulating the lagging area and then move onto a heavier movement. This will pre-exhaust the lagging muscle and then allow the other heads of the tricep help take-over the movement, resulting in increased work volume for the lagging head.

Let's look at how we can target each head of the Tricep and Bicep.



# CLASSIC RESULTS

## TRICEP: THE LATERAL HEAD

The lateral head is worked best with arms at your sides and an overhand grip. Press-downs, dips, and pronated kickbacks, and close-grip bench press are examples of this position. We aim to work the arm through the entire contractile range, which includes a fully lengthened and fully contracted position. When your arm is down at your sides with your hand ending behind your torso, you are in the fully lengthened position, as in a kickback. For this reason, we will incorporate one movement like this into every arm workout.





# CLASSIC RESULTS

## TRICEP: THE LONG HEAD

The long head is optimally activated with your arms overhead, above the shoulder joint, and with your hands pronated. French press, skull-crushers, and incline close grip bench press are examples of good exercises to hit the long head. It's a good idea to use exercises like these both as a main compound movement to elicit massive growth and a big pump, and also at the end of your workout to help further stretch the fascia and allow further room for growth.



## TRICEP: THE MEDIAL HEAD

The medial head is best activated when your arms are at your sides and your palms are supinated. Reverse grip press downs, rope pushdowns, and neutral grip close-grip bench press are great for recruiting this portion of the tricep. If your gym has a plate-loaded dip machine, it's easy to do dips with a reverse grip. Reverse grip movements are great as warm ups for heavy compound exercises, and as finishers.



# CLASSIC RESULTS

## BICEP: THE SHORT HEAD

The short head is best stimulated by keeping your arms in front of your body. Preacher curls are a good example of this. We want to bring the biceps through a full contractile range, so choosing an exercise that elevate your elbow above the shoulder joint will ultimately result in a maximal contraction of the bicep and faster, more pronounced results.



# CLASSIC RESULTS

## BICEP: THE LONG HEAD

The long head is stimulated most efficiently with your arms at your side, and with maximal supination of the wrist. Alternating dumbbell curls, barbell curls, and drag curls will all get the job done. Again, elevating your elbows above your shoulders will result in a superior contraction, like with a crucifix curl, but because your muscles are weaker in a fully lengthened and fully shortened position, you won't be able to go heavy. However that's not the point.



Focus on fully supinating your wrist to better activate the long head. One little hack for this is to hold dumbbells with your thumb and forefinger touching the weight so that there is additional resistance when you supinate your wrist. This will lead to better activation of the bicep's secondary function and help them grow.



# CLASSIC RESULTS

## BICEP: BRACHIALIS

The key to optimizing brachialis function and growth is to use a neutral grip. You don't have too many options here. Cross-body hammer curls are the best, but you can always do the same thing as mentioned in the last paragraph – elevate your elbow position above your shoulder joint while maintaining a neutral grip. But, simple hammer curls are really your best bet and can work wonders for creating a thick, beefy arm shape.



# CLASSIC ARM TRAINING

Now you've been armed with the basic knowledge you need to truly train your arms effectively. Below is two days of arm training. You should leave a few days between them so that your body can fully recover and repair. You can throw 4 sets of a lagging head of one muscle group in between those days if you feel like you have recovered enough to do so. I recommend that you do this program for 8 weeks. The below program is intended to build the most balanced arms possible. However, you can emphasize your own unique needs based on the information above. Add this program into your current training and substitute it for the weak arm training you're doing right now. They call things classic for a reason: they stand the test of time, and there is nothing better than old school, hardcore arm training to build a set of killer arms.

Let's get to it.

## ARM DAY I:

Exercise	Sets	Reps	Rest	Notes
Dumbbell Skull Crushers	4	10	45 Sec.	Supinate at top of each rep
Single Arm Dumbbell Preacher Curls	4	10	45 Sec.	
Close Grip Bench Press	4	8	45 Sec.	
Incline Curls	4	8	45 Sec.	
Kickbacks	3	15	30 Sec.	
Crucifix Curls	3	15	30 Sec.	
Single Arm Supinated Pushdowns	3	15	30 Sec.	



# CLASSIC RESULTS

## TOUCH UP DAY

Exercise	Sets	Reps	Rest	Notes
Select an exercise for the weakest part of your arm	4	12	30 Sec.	

## ARM DAY II:

Exercise	Sets	Reps	Rest	Notes
Cross-body Hammer Curl	5	8	45 Sec.	
Rope Pushdown	5	8	45 Sec.	
Alternating Dumbbell Curl	5	8	60 Sec.	
Crucifix Dips (Weighted)	5	8	60 Sec.	
Ruhl Curl	3	12	30 Sec.	30 You can use a cambered bar at a lat pull down station.
High Pulley 3 Point Tricep Extension	3	12 per position	60 Sec.	Step 1: 3 steps back, hand ends behind your back. Step 2: One step forward Step 3: Hand under pulley, in front of body.
Drag Curls	3	12	45 Sec.	



# CLASSIC TOOLS: EXERCISE LIBRARY

Let's go over some nuances of the exercises we're going to perform. To build a classic set of arms, we need to pay special attention to detail. Please review these notes and images carefully before performing the exercises to achieve best results.

## SINGLE ARM DUMBBELL PREACHER CURLS

Keys to Success: **Keep your arm at a steep enough angle that there is still tension on the bicep in the fully contracted position. Rather than thinking about "curling" your arm, visualize yourself pushing straight up against the handle of the dumbbell.**



## CLOSE GRIP BENCH PRESS

Keys to Success: **Your grip should be about shoulder width. Lower the bar just under your chest and keep your elbows slightly tucked to your sides. When you hit the usual sticking point in the rep, think about pushing the insides of your elbows closer together as a mental cue to help you complete the rep.**



# CLASSIC RESULTS

## — INCLINE CURLS

Keys to Success: **Set the bench so that it is at a steep incline. You don't want to put your shoulders in a vulnerable position and risk injury. It should be more like a slightly reclined seated curl. When you supinate your wrist, think about pushing the dumbbell straight up with the inside of the palm – pinkies up. This will remind you to continue actively supinating the hand.**



## — KICKBACKS

Keys to Success: **If you do this one right, you can get an insane pump and really squeeze the hell out of your tricep. Don't use too much weight on this one – make sure you keep your elbow high; it should be behind your torso throughout the movement.**





# CLASSIC RESULTS

## SINGLE-ARM SUPINATED PUSHDOWNS

Keys to Success: **Make sure you maintain good posture throughout the exercise and don't hunch over. This goes without being said, but it's a good thing to remember. This movement can be a little uncomfortable for some people, so you can turn your body slightly away from the pulley so that you're pulling the cable across your body.**



## CROSS-BODY HAMMER CURL

Keys to Success: **Throughout the movement, focus on keeping your elbow directly under or medial to your shoulder. Oftentimes people bring the elbow outside the shoulder when the exercise gets hard, taking the tension off the bicep. The harder it is, the better it'll work!**



## CLASSIC RESULTS

### — ROPE PUSHDOWN

Keys to Success: **Keep an upright posture and bend at the hips slightly. Push the rop straight down, not back. This will help you better engage the lateral head of the tricep. Do not let your tricep fully lengthen at the top of the movement. Keep tension on the muscle at all times.**



### — ALTERNATING DUMBBELL CURL

Keys to Success: **Use NO momentum. Take your time and only use your biceps to move the weight. Visualize yourself pushing your palm straight up, and grip the handle of the barbell with your forefinger and thumb touching the weight to create additional resistance on the bicep when you supinate your hand.**



# CLASSIC RESULTS

## DIPS (WEIGHTED)

Keys to Success: **Keep an upright chest and good posture.** Whether you're performing your dips weighted or not, keep a neutral spine and neck, bend your knees to create a slight forward tilt in your body, and keep your elbows tucked to your sides. Only lower yourself until your upper and lower arm forms approximately a 90° angle.



## DRAG CURLS

Keys to Success: **Keep your elbows pinned to your side and use a fairly narrow grip to avoid wrist discomfort.** Make sure your wrists are straight – don't let them bend back and avoid doing a wrist curl.



# CLASSIC RESULTS

## DUMBBELL SKULL CRUSHERS

Keys to Success: **Create stability with a wide stance and retracted scapula. Your elbows should be above your shoulder joint, about in line with your eyes. Push the dumbbells straight up.**



## CRUCIFIX CURLS

Keys to Success: **Place pulleys in a high position to ensure your elbows are above your shoulders. Pull fists to the top of your head.**



# CLASSIC RESULTS

## RUHL CURL

Keys to Success: For convenience, you can sit in a lat pull-down machine with a cambered grip attachment. Lean back slightly so that when you pull, the bar passes over your head. Make sure that your elbows stay tucked in and are aligned with your shoulders. Do not flare your elbows significantly.



# CLASSIC RESULTS

## HIGH PULLY 3 POINT TRICEP EXTENSION

**Keys to Success:** Each set of this movement is really a tri-set. Position the pulley in a high position and take a few large steps back. You do not need a handle attachment. Perform this movement one arm at a time and hold onto the rubber stopper on the cable.



1) Stand up straight and extend your arm so that your hand is behind your torso. This will place the most tension on the tricep in the fully contracted position of the tricep.



2) Take one large step forward. This will bring your arm slightly in front of your body and will place more tension through the middle of the range of motion.



3) Take another step forward so that your hand is directly under the pulley. This will place all of the tension at the most lengthened position of the tricep.

