

# Guns

## A specialist routine to build your arms

### Overview

Most men and women I have trained have all wanted bigger arms, whether they admitted to it or not. As with any other muscle group, the gaining of muscle mass (hypertrophy) needs intensity, progression, variety and organisation.

I am not going to go into diet at this stage, but it goes without saying that you need to be using slightly more calories than your body uses to maintain its bodyweight, and training to gain size on your arms whilst dieting to see your abs is madness. Chase 2 rabbits and they will both get away.

### Your Weekly Schedule (Micro-Cycle)

<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>	<b>S</b>	<b>S</b>
<b>Arms (h)</b>	<b>Legs</b>	<b>OFF</b>	<b>Arms (l)</b>	<b>Back, Shoulders, Chest</b>	<b>OFF</b>	<b>OFF</b>

You can shift these days around if you have to, it is not essential. The aim is to train your arms on the days you are freshest and strongest, which is why I would have a couple of days off before the big heavy day. You may even want to swop the days you train your arms, to give them even more rest, or as I have done with some clients, trained the rest of the body together just once per week, meaning you are in the gym only 3 times, allowing more recovery for the target group, the arms.

### The exercises –

#### **ARMS – HEAVY DAY MOVEMENTS**

Warm up, Neutral Grip Chins x 30-50 and Dips x 50-100 (3-4 sets, as many as you can)

Incline Dumbbell Curl (Rest pause)

Close Grip Bench Press (rest pause)

Barbell Curl

French Press (dumbbell, ez bar, straight bar)

Seated Hammer Curls

Overhead Dumbbell Extension

#### **ARMS – LIGHT DAY MOVEMENTS**

Warm up, Reverse Grip Chins x 50 and Close grip push ups x 100

Superset, Incline Dumbbell Curls + Close Grip Bench Press

Drop set, Barbell Curls  
Drop Set, Overhead Dumbbell Extensions  
Isometric Holds, dumbbell concentration curl  
Forced Negatives, single arm dumbbell extensions

Some people's arms will respond to heavier weights, some to more reps, so in this routine, you will cover all the bases. On your heavy day, you will look to complete 3-4 sets of 3-6 reps, and maybe add in a rest pause set at the end of each exercise. If you have never used rest pause before, it is a very simple but effective strategy when mass gain is your aim. Simply complete your basic heavy set, completing 3-6 reps to failure. Then put the weight down, count to 10, then lift it again and complete as many reps as you can. Reach failure, put it down for 10, then squeeze out anymore reps you have in the tank. Rest pause is a great strategy for your heavy days. Keep your rest periods short between exercises, no more than 90 seconds. You need intensity in your training, it is one of the keys to hypertrophy, and 3-5 minutes chatting does not promote growth! Your whole workout needs to be done in 40 minutes.

On light day, your aim is going to be to complete 2-3 sets of 15-20 reps, maybe even some more. On this day you will employ strategies such as drop sets, supersets, tri-sets, forced negatives and isometric holds. Fun day!!! Forced negatives involve your training partner adding more force or weight to the negative portion of the movement, testing your muscles through the eccentric phase (negative). Isometric holds involve simply holding the exercise at the point of maximum contraction. For example, on a leg extension, that would be at the top, on a bicep concentration curl, that would be with the dumbbell held at the top of the movement. Keep it there for around 15-30 seconds; it is a great way of telling your arms they need to get bigger.

## **The rest, maintenance only**

A specialisation routine means that you are focused on building a particular body-part, so the rest goes into purely maintenance. I have seen people trying to push the envelope on all the workouts, dead-lifting to the max, squatting until eyes are about to pop out. Now that's great, people after my own heart, but if its your arms that you really want to build, fast, then the rest needs a little more caution. I would focus on quality isolation movements with limited compounds, maybe one per body-part, some of those listed below:

### ***Isolations***

Dumbbell flyes, chest  
Dumbbell lateral raises, shoulders  
Leg Extensions, quads  
Leg Curls, hamstrings  
Seated Rows, back

### ***Compounds***

Walking Lunges, legs  
Squat/Front Squat, legs  
Bent over Barbell Rows, back  
Dumbbell Pres, Chest  
Military press, shoulders

The problem with too many big movements is that they are likely to dig a big hole in your recovery ability, the recovery ability you need to use purely for your arms. So back off the rest of the body, train it hard, but keep the last rep inside, save it for the arms workouts.

## **Cardio**

Don't go overboard; any calories you use in cardio training are not then there to help with growth. That said, I am a great believer that the improvement in oxygen carrying ability and the removal of waste products that takes place when training your cardiovascular system, are both positives that aid the growth of new muscle tissue. Just don't go overboard, but maybe 30 minutes a day is not going to do you any harm.

## **Summary**

So you are going to train arms twice per week, warming them up with chins, dips and push ups, so there is blood in them when you get to the fun stuff. Then push yourself, lift as heavy as you can on heavy day, and do as many reps as you can on light day. Get some variety in the techniques you use, drop sets, rest pauses, contractions, and don't tire yourself on the other body-parts. Eat great, probably every 2 to 3 hours, and if you are going to use supplements, make sure they are of a really good quality and work for you. The gains are there, and there is no such thing as a hard gainer, just someone who either hasn't found what works, or simply doesn't work hard enough.