



X-TRAORDINARY

A R M S

Jonathan Lawson & Steve Holman

X-traordinary Arms was written to help you achieve a muscular, ripped physique with sensible bodybuilding strategies. Weight training and dieting can be demanding activities, however, so it is highly recommended that you consult your physician and have a physical examination prior to beginning. Proceed with the suggested exercises and routines at your own risk.

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X-TRAORDINARY ARMS



**Pack Your Bi's and Tri's With
Wide, High, Sweeping Size**

4 X-traordinary ARMS

Introduction

Nothing commands respect like a huge, gnarly pair of vein-streaked arms hanging out of a short-sleeved shirt. Okay, perhaps a .44 Magnum, but maybe that's why they call big arms guns. Respect tempered with a bit of fear, power and raw sex appeal. If you're interested in getting yours to a very respectable size, we've got the ammunition that can turn your guns into cannons, with thick, high, jutting biceps and huge, dense, sweeping triceps. It all comes down to exercise selection, intensity and recovery.

You may recognize the biceps and triceps programs as 3D Positions-of-Flexion workouts, multi-angular routines that train each muscle through its full range—but that's only part of the solution. We show you how to tailor the 3D POF workouts to prioritize specific big-arm attributes for serious jaw-

dropping size effects. For example, when your arms are hanging down at your side, they must appear wide from the front. That means concentrating on the inner biceps head and the outer triceps head. Mass in those areas will

For eye-popping impressiveness from the front your arms need inner-biceps-head thickness and outer-triceps-head width.





For shocking flex appeal, your arms need high, jutting biceps peak and low-hanging triceps sweep. Incidentally, Jonathan has a fairly small bone structure, with wrists that measure less than seven inches. Most experts say he shouldn't be able to build 19-plus-inch arms. His results say otherwise. These workouts work!

make your arms look wider and more impressive head-on.

On the other hand, when you bring your arms up to flex, your bi's must have jutting peaks and your tri's need low-hanging sweeps. We'll show you how so people do double-takes when you “make a muscle.”

No doubt about it, it's all-around size that will widen people's eyes no matter from what angle they view your impressive guns. The programs in this e-book are innovative in that they focus on the specific big-arm attributes for raw size on your bi's and tri's, with attention to detail. Get ready to turn your guns into cannons with eye-popping, sleeve-stretching mass.

—Steve Holman and Jonathan Lawson
www.X-Rep.com

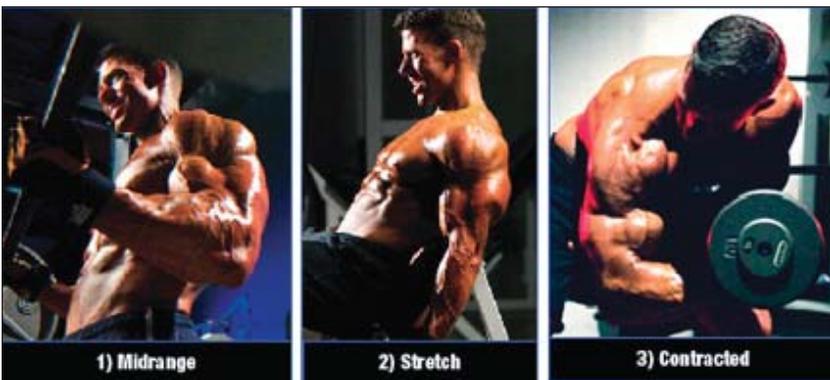
CHAPTER 1

3D Arm Development

When you hear 3D, you should think Positions of Flexion—if you're a mass-minded bodybuilder, that is. This chapter will be a review for those who have read our *3D Muscle Building* e-book. Keep in mind that the routines in this chapter are for explanation purposes; the arm workouts in the chapters that follow are more precise—using different exercises for specific mass effects. There's much more to building extreme arm size than POF. For the uninitiated, this chapter will be a lesson in arm-muscle form and function. Let's start with the show muscle, the biceps. Even though it's the smaller of the two upper-arm masses, it's the one you flex when someone says, "Make a muscle." And when you do, you want it to jump skyward with a jutting mountainous peak.

Biceps

First understand that Positions of Flexion is about training a muscle in three distinct positions. That explains the 3D designation we often use. Those three positions are midrange, stretch and contracted. For biceps and triceps that means three different exercises for each, one for each specific point along its arc of flexion, or



possible contractability continuum. For biceps that would be barbell curls (midrange), incline curls (stretch) and concentration curls (contracted).

But those three distinct positions are more than just different contractability points—they also each have their own mass-building characteristics. What the heck are we talking about? Here's the 3D Maximum Mass Hierarchy to help you understand the critical mass-building importance of each:

Midrange Exercise = Max Force

Stretch Exercise = Full-Stretch Overload

Contracted Exercise = Continuous Tension/Occlusion



Midrange: You hit this position when your upper arm is slightly in front of your torso, as in standing barbell curls or preacher curls. The front delts help the biceps in both of these exercises, more so in standing barbell curls, as your arms travel slightly forward while you curl the bar up. Muscle teamwork means that you can overload the target muscle with heavy poundages. Synergy exercises not only overload the target, but also help jack up anabolic hormones like testosterone when you go heavy and push to exhaustion.

The key to the anabolic ability of these mass boosters is muscle teamwork and max overload. Those allow you to optimize force production because of the heavy poundages you can use. Generating max force is what elicits the anabolic cascade and builds the fast-twitch muscle fibers—the fibers with the most potential for growth. If you don't generate enough force, you don't trigger a size increase in those fibers. It's that simple—however, extreme size is much more than just developing fast-twitch fibers, as you'll see.



Stretch: You get complete biceps stretch when your upper arm is straight down and back behind the plane of your torso, palms facing forward, as in the bottom of a low-incline dumbbell curl. In many of our other e-books we discuss an animal study that got a 300 percent increase in muscle mass in

only one month. The only form of muscular stress used in that experiment was progressive stretch overload. The scientists gradually increased the resistance on a bird's wing in an extreme stretch position over the course of a month of "workouts." The scientists believe that extreme muscle growth occurred due to hyperplasia, or muscle-fiber splitting: "Using this approach produced the greatest gains in muscle mass ever recorded in an animal or human model of tension-induced overload, up to 334 percent increase in muscle mass with up to a 90 percent increase in fiber number!" [Antonio and Gonyea. *Med Sci*

Sports Exerc. 25: 1333-45. (1993)]

In other words, the researchers are saying that a lot of the triple-size muscle gain was due to fiber splitting (hyperplasia). But do you really care how it happened? You just want it to happen to your muscles—now! And that means using progressive stretch overload at almost every workout. Mild freehand stretches or yoga-party routines won't do it; you have to have an overload component, which means weights (you'll feel it when you do your incline curls as your muscles become fatigued and overloaded at full elongation!). Like midrange exercises, stretch-position moves also generate considerable force.

Bonus: Stretch-position exercises have also been linked to anabolic hormone release inside muscle tissue. They are very special hypertrophic stimulators.



Contracted. Your biceps is fully contracted when your upper arm is next to your head, your forearm flush against your upper arm, with your palm down and your little finger twisting outward. This position is hard to simulate with any conventional barbell exercise, although you could conceivably do a one-arm behind-the-head cable curl. Since that would be somewhat awkward to perform, use nonsupport concentration curls, an Arnold favorite, to get you as close as possible to the contracted position. Nautilus used to make a machine that had you curl the resistance behind your head, but those are hard to find these days. The keys to the

contracted-position's muscle-building effectiveness is complete target-muscle contraction, but also continuous tension, which blocks blood flow.

Blocking blood flow to a muscle, or occlusion, has been shown to do tremendous things for muscle strength and size. It may be an adaptation effect created by choking off fuel and nutrients during uninterrupted muscular contraction. One study, which was reported on in the *Journal of Strength Conditioning Research* (15:362-366), applied it to subjects' forearms by placing a blood pressure cuff on their upper arms for two minutes. The cuff was then removed, and the subjects did wrist curls. Results: Those who had their blood flow impaired prior to exercise showed a 20 percent strength increase over the subjects who didn't use the blood pressure cuff. Yes, 20 percent! (If we were talking bench press, and your max was 250, a 20 percent increase would have you benching 300 pounds—instantly!)

What about muscle size? Japanese scientists have been experimenting with Kaatsu, or occlusion, techniques. They got a predictable 7 percent increase in quadriceps cross-sectional area in four months with standard training, but when they used occlusion, they got an 8 percent increase in cross-sectional area—in only two weeks! That's right, better results in about one-eighth the time—two weeks as opposed to 16 weeks. That's about an 800 percent increase in gains when blood flow was impeded. Wow! You can see why the biggest bodybuilders include continuous-tension sets in their routines—they

force blood out of the muscle and create those mass-and-strength-increasing occlusion effects. No rest for the target muscle during a set produces those blood-flow blocking effects.

Why does blocking blood flow produce such spectacular increases in muscle size and strength? Part of it may be due to the incredible rush of blood to the bodypart once blood flow resumes and the development of endurance components like capillary beds and cell mitochondria (ah-ha, so maybe getting a pump does matter!). Scientists have suggested that the bodypart bloodbath that occurs after occlusion can produce everything from upgraded release of heat shock proteins to alterations in muscle calcium metabolism (calcium contributes to contraction) to greater recruitment of fast-twitch muscle fibers. Interesting—and exciting—especially when you do the math: Let's see, a conservative 8 percent increase in quad size times 12 months—Holy cow! That'll double-size your thighs in a year!

As we said, the key to occlusion in the gym is continuous tension—no target-muscle rest during a set—and resistance in the contracted position, where blood is “wrung” out of the muscle. That usually means single-joint isolation exercises (like concentration curls). These exercises are also notorious for igniting muscle burn, which in and of itself is anabolic—it's directly linked to growth hormone release, as verified by a study published in the *Canadian Journal of Applied Physiology* (22:244-255; 1997), a connection that may have something to do with higher blood lactic acid levels, which are partially

responsible for muscle burn. Or it may be the occlusion effect—or both. GH is important because it synergizes with other anabolic hormones, like testosterone (triggered by midrange exercises), to make them much more potent. (Bonus: GH also helps you incinerate bodyfat at a far greater rate.)

Triceps

Now that you've grasped the 3D POF approach for biceps, the triceps should be easy to figure out. Actually the triceps positions are the same as biceps, only with resistance from the other direction. There we go again with confusing mumbo jumbo. Pictures should help you understand the full 3D POF triceps approach. It's decline close-grip bench presses for midrange work, overhead extensions for stretch and pushdowns for contracted-position work...



Midrange: You achieve this position when you move your arms straight out in front of you, close to perpendicular to your torso, as in lying triceps extensions

or close-grip bench presses. Decline close-grip bench presses is actually a more pure midrange exercise for the triceps because there's more synergy in a more ergonomically perfect position. Parallel-bar dips also work well as a triceps midrange exercise—keep your arms in close to your torso with a slight forward lean.

Stretch: Maximum triceps stretch occurs when your upper arm is next to the side of your head and your lower arm is bent back behind it, with your knuckles almost touching your shoulder, as in the bottom of an overhead triceps extension.

Contracted: You reach total triceps contraction when your arm is down next to your side and slightly back behind your body with your elbow locked—with the muscle fully flexed. Triceps pushdowns or kickbacks work this position.



Standard two-arm pushdowns limit backward arm movement at the bottom of the stroke. The one-arm variety (pictured) allows the arm to travel back behind the torso for a more complete contraction; however, they take more time and can be somewhat awkward, so the two-arm version is preferred by most trainees.

A basic 3D POF arm routine would be...

Triceps

Close-grip bench presses (midrange), 2 x 9-12

Overhead extensions (stretch), 1-2 x 9-12

Pushdowns (contracted), 1-2 x 12-15

Biceps

Barbell curls (midrange), 2 x 9-12

Incline curls (stretch), 1-2 x 9-12

Concentration curls (contracted), 1-2 x 12-15

Easy enough, but different exercises can target unique areas for width, peak, sweep etc. Prioritizing an area for exceptional growth will dictate which 3D POF exercises you use to get your arms huge *from every visible angle*. More on that in Chapter 3. First, let's talk X Reps.

CHAPTER 2

Supersize With X Reps

What are X Reps and why are they getting X-treme publicity in the muscle-training media? Because they work! And the reason why is based on solid science and muscle function.

First realize that as you progress through a set to exhaustion, different motor units are called into play. That's known as the *size principle of muscle fiber recruitment*. During the first few easier reps, the low-threshold motor units fire, and you use mostly slow-twitch and a few fast-twitch fibers; in the middle of the set, when the reps are more difficult, you activate the medium threshold fibers, which calls on more fast-twitch fibers, but these aren't the high-growth fibers. It's not until the last few very hard reps that you activate the high-threshold motor units, which bring in the *key* fast-twitch fibers with the most growth potential. That's why the no-pain-no-gain credo gained such notoriety—because it's true: Those last few painful reps are the most important if you are interested in flipping the anabolic switch!

The problem is, just when you begin to tap into those high-threshold motor units, fatigue and nervous system exhaustion force you to quit the set. That's why scientists estimate that on any set to positive failure, the trainee only activates about 30 percent of the possible fibers—and that varies a bit up or down depending on the trainee's neuromuscular efficiency. So how do you get at more growth fibers?

Our solution, and one that has proven incredibly effective in real-world workouts, is X Reps, which extend the set at the exact point on the exercise's stroke where

maximum force can occur.

The X Spot

On any exercise the target muscle is strongest, able to generate the most force, when it is almost fully elongated, or stretched. For example, on a cable flye your pecs are strongest when your arms are almost fully outstretched; they are weakest when your hands are together over your chest—the contracted position. Notice where you fail on your last rep. It's always just out of the bottom, semistretch position. You could continue doing reps down in that eight-to-10-inch partial range—and we believe you should. Those are X Reps!

By moving the resistance to the semistretch position at exhaustion and continuing with partial reps, you continue generating max force and activate more fast-twitch growth fibers. From what we've seen, X Reps make any set three to five times more effective at building muscle mass. Now that's efficiency of effort.

We won't kid you. X



End-of-set X-Rep partials are difficult, if not impossible, on barbell curls due to a severe leverage shift as the bar moves upward. A better choice, if you want to include X Reps, is cable curls (pictured).

Reps are painful, so you will have to grit your teeth and drive through the X-crutiation, but the results will be well worth it, not to mention the time you save.

We won't go into all the nuances of X Reps, as we've covered that in many of our other e-books. Just remember that the best spot to fire out these end-of-set partials is at the point where the muscle is somewhat elongated, near the turnaround of the rep—near the bottom of a cable curl, near the bottom of a close-grip bench press, near the top of a pushdown, near the bottom of a concentration curl, near the bottom of a leg extension, near the top of a pulldown.

That's not to say X Reps in the contracted position are bad. In fact, as you'll see later, that can have unique mass-building effects on certain heads of the upper-arm muscles. However, doing them near the turnaround, where the target muscle is semistretched, is usually the best choice.

Okay, you're probably anxious for the meat of this e-book, the routines that will pack beef on your arms fast. Let's talk biceps width first, so your arms will look like 20-pound hams hanging down by your sides in a T-shirt.

Note: For more on X Reps, see *The Ultimate Mass Workout* e-book, the original X-Rep manual. It's available at the X Shop: <http://www.x-rep.com/xshop.htm>.

CHAPTER 3

Arms Like 20-Pound Hams

What makes people's eyes pop out of their heads when they are out and about in public? A gigantic, vein-streaked arm hanging out of the sleeve of a T-shirt (other things hanging out get attention too, but may get you arrested). And where are your arms most of the time? Hanging down at your sides. You don't walk around with your arms up in a flexed position (at least we hope you don't). That being the case, you want them to look big, full and wide down at your sides.

One problem many bodybuilders have is having the appearance of narrow arms when viewed from the front, straight on. Not good. You want your guns to be shocking from any angle, including dead on. How do you get that thick look from the front? With a 3D program designed to focus on specific areas of the biceps and triceps that take your arms over to the wide side.

Biceps: Inner Head

When someone standing in front of you sees your arms hanging down at your sides, the biceps head that creates the most impressive size is the inner one. Fullness in that area appears to push your upper arms in closer to your torso for inside width. While the photo of Jonathan's arm here isn't hanging down relaxed, you can see how the inner biceps head creates more thickness from a front view. How do you concentrate on that biceps head? No, not concentration curls.



Here's a hint: It has to do with the tried and true out-for-

in/in-for-out rule. In other words, to train a muscle's outer area, such as the outer biceps head, use a narrow hand spacing; to focus on the inner head, use a wide, or out, hand spacing. We're concerned with the inner head at the moment, so a grip just outside shoulder width is best.

Keep in mind that you can't take the other head out of the movement. The grip only shifts more stress onto one head or the other. So with a wide grip on cable curls, for example, both head are working, but the inner head gets the brunt of the stress—and that means wider biceps! A narrow grip would put more stress on the outer heads, which create more peak (more on that in the next chapter).

So what would be a good 3D biceps program to pack mass on the inner biceps head? Glad you asked...

Midrange: Wide-grip cable or preacher curls 2 x 9-12

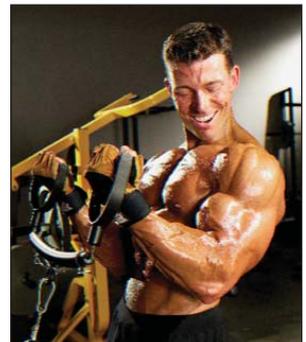
Stretch: Incline curls 1-2 x 9-12

Contracted: One-arm spider curls

(forearms angled out, away from torso) 1-2 x 12-15

Wide-grip cable or preacher curls.

Your grip should be slightly wider than shoulder width. Why not use standing curls with a barbell? Because X Reps are impossible on that exercise. Remember, you want to do partials in the bottom third of the stroke at exhaustion to activate more growth fibers. Most trainees won't be able to do even one X Rep with a barbell because of the extreme leverage shift from the arm's-straight position to up

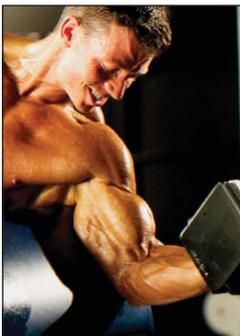


even a few inches. Attaching a straight bar to a low cable will make a few X Reps possible when you reach full-range exhaustion. Wide-grip preacher curls may also pose an X-Rep problem. If that's the case, either have a partner assist you with a few X Reps, or do a static hold a few inches up from the arm's-straight position. Do X Reps or a Static X on the second set only. (X Reps are very intense and shouldn't be overused or abused!)

Incline curls. You want to do these with your forearms angled slightly away from you. In fact, you have to do this in order to keep the dumbbells from crashing into the bench. This exercise will involve both biceps heads strongly, but with a slight outward torque to your arms, you can get a little more stress on the inner head. Don't make the angle too pronounced, however, or you could damage your shoulder. Besides, you want both heads working hard here.



One-arm spider curls. For these you grab a dumbbell and position yourself on the preacher bench, but use the perpendicular side—not the angled part of the bench. Now rotate your forearm so the dumbbell moves in an arc outside your shoulder. Remember, out for in. At exhaustion, do X Reps at the top, flexed position—squeeze those biceps!



Triceps: Outer Head

Let's look at that photo of Jonathan's arm again. Notice how the outside triceps head is the only segment visible

from the front? That will be our focus during the width workout. The first thing to remember is that tried and true rule. It was out for in for biceps width (inner head). We want outside triceps concentration, so think in, or close, grip. The big midrange exercise is...close-grip bench presses. Here's the 3D width-building triceps routine...



Midrange: Close-grip bench presses

(hand just inside shoulder width—about nine inches between thumbs) 2 x 9-12

Stretch: Cable pushouts with a rope 1-2 x 9-12

Contracted: Kickbacks 1-2 x 9-12

Close-grip bench presses. Most trainees think this is the big meat-and-potatoes exercise that trains all three heads equally. Not true. In fact, the long head, that gives the triceps sweep, is only moderately involved. It's mostly the outer, or lateral, head that gets the brunt of the stress—just what we're looking for when striving for the hanging-hams look from the front. Drive up to just before lockout on these, and reverse the bar movement at the bottom just before it touches your lower chest. Do a few X Reps down low at the end of your second set. Also, you may want to do these on a decline for more leverage.



Cable pushouts with a rope. These bring in the long head at the bottom, which develops triceps sweep;



however, the top half of the stroke, as you move close to lockout, strongly affects the outer triceps head. This is much like the incline curls for biceps—both heads affected almost

equally. To more strongly affect the lateral, or outer, head, do top-end X Reps at exhaustion. In other words, drive close to lockout, then allow the resistance to pull your hands back only about six inches before you drive back to near lockout again. You will feel your outer triceps heads screaming for mercy!

Kickbacks. You can do these with one arm at a time (as pictured) or using both arms simultaneously. We like



the latter, with chest support, if possible. Most trainees do these with standard palms-facing-each-other form; however, we've found that using a palms-up grip feels as if it forces the outer heads to work harder. See which grip you feel best, or, better yet, alternate from workout to workout. Also, like concentration curls, you want to keep tension on the target muscle throughout the set, so reverse the downward motion of the dumbbells before your arms reach a 90-degree bend. Stay in control, no throwing, and crank out 12 to 15 reps. Your triceps should feel like bloated water balloons as the blood rushes in.

All right, those are the width workouts—so your arms will soon look like 20-pound hams from the front. How about the side view and the make-a-muscle flex to impress? That takes slightly different 3D workouts.

CHAPTER 4

Flex Appeal: Hang 'Em High

We said in the last chapter that giant arms cascading out of a short-sleeved shirt get loads of attention. In fact, when your arms get big enough, you may see people walking into walls (and women asking to touch them—bonus!). It goes without saying that a lot of folks will ask you to make a muscle to really see what you've got going on in the gun department. You don't want to disappoint, do you?

That means you need biceps and triceps workouts that concentrate on peak and sweep, respectively.

Biceps: Outer Head

You want to focus on the outer head, so your grip should be...correct, in (in for out). That's the very reason people say concentration curls biceps build peak—because they simulate an extreme "in" grip, the arm curling toward the opposite shoulder. That develops the outer head, which enhances the sky-high bi' look when you make a muscle. Here's the 3D biceps peaking program...

Midrange: Close-grip preacher or cable curls 2 x 9-12

Contracted: Nonsupport concentraion curls 1-2 x 12-15

Stretch: Incline hammer curls 1-2 x 9-12

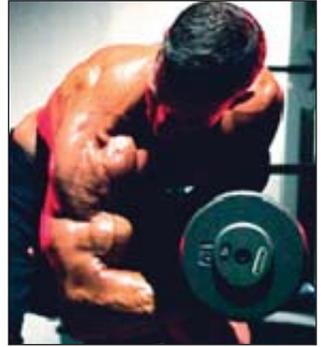


Close-grip preacher or cable curls. Use a grip that has your pinky fingers about six inches apart. If you use an EZ-curl bar or handle, place your index fingers in the inner bends for

an optimal "in" grip. And don't forget either X Reps or a Static X when you reach exhaustion on the second set.

Nonsupport concentration curls.

This was an Arnold favorite for peak. You bend over at the waist with a dumbbell in one hand, then you curl it, palm up, to your opposite shoulder. You are going for a mega-pump, so you don't want tension to fall off your biceps during the set. That means never allow your arm to fully straighten



at the bottom. Keep tension so you squeeze blood out of the muscle during each rep (occlusion). At the end of the set you should get a tidal wave of blood that will make your biceps look and feel huge!



Incline hammer curls. Use the same form as the width workout, but keep the dumbbells as close to the bench as possible without slamming into it and use a thumbs-up grip, rather than palms up. Why? While a thumbs-up grip will still provide some stretch to the biceps, especially the outer head, the hammer grip brings in the brachialis, a muscle that snakes under the biceps

and attaches below the elbow (it's that knotty mass between Jonathan's triceps and biceps in the photo). By developing that muscle you basically add more support structure under the biceps and that makes it sit higher—a sky-high jagged peak. MRI studies show that incline hammer curls is one of the best brachialis exercises.

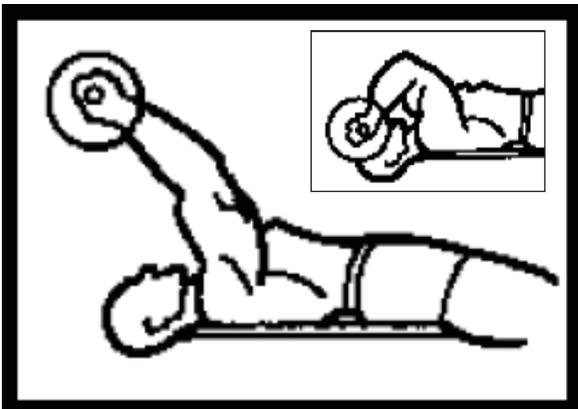
Triceps: Long Head

The triceps long head is the meatiest segment. In other words, it's responsible for the most mass, whether your arm is up and flexed or hanging down by your side. While we explained the importance of the outer head for width from the front when your arm is hanging down by your side, and someone sees your arm from the side, it's the long head that gives your triceps that majestic massive sweep—and that sweep is also an attention grabber when your arm is up and flexed, as you see in the cover photo of Jonathan's flexed arm. Obviously development of the long head is important for impressive guns whether your arms are hanging down or up and flexed—and it adds pure mass for good measure and bigger measurements. Here's the 3D triceps sweep program...

Midrange: Lying triceps extensions, 2 x 9-12

Stretch: Two-dumbbell overhead extensions, 1-2 x 9-12

Contracted: Pushdowns, 1-2 x 12-15



Lying extensions. MRI studies show that doing these on a decline lights up all three heads equally; but for this workout we want to throw as much stress as

possible on the long head. That means doing them on a flat bench. Hang your head off the end and bring the bar down to the top of your forehead. Drive the weight straight up to just before lockout, your arms angled slightly back to keep tension on your tri's. The grip here isn't that important. We like the inside bends of an EZ-curl bar or thumbs about eight inches apart on a straight bar. What about X Reps? They can be awkward on this move. If you can't manage any, use a Static X down near the bottom of the stroke.

Two-dumbbell overhead extensions. As with incline curls, the stretch move for biceps, we want to involve all the heads. MRI studies show that overhead extensions with a dumbbell in each hand do the best job. The overhead action will put lots of stress on your long head, however. You'll feel it, especially toward the end of the set. And speaking of exhaustion, do a few X Reps on the second set.



Pushdowns. MRI studies suggest that any type of pushdown affects the long heads significantly, so use a straight bar, rope or V-bar. Once again, all heads are involved to some degree, but to fully activate the long head, step back about a half step from the pulley so you are forced to push down and hold the resistance back against your thighs. If you stand too close or directly under the pulley, you won't get much resistance at or near lockout. You



can do some bottom X Reps here, down near lockout, if you feel your triceps contracting. They may be so blown by the time you get to the end of your set, that numbness has set in. That's a good thing—and check out that pump! If you didn't get major engorgement, you either didn't do 12 to 15 reps and/or you allowed the bar to come up too high, which takes tension of your tri's. Stop the upward movement of the bar when your hands are at our upper abs, arms bent at about 90 degrees at the elbows. After one or two sets of this higher-rep continuous-tension exercise, you should be impressed when you check them out in the mirror!



CHAPTER 5

Specialize for Awesome Size

You've seen the reasoning behind the exercise choices in the two programs—width and peak/sweep. Now let's put those programs to work in workouts that will keep your other bodyparts growing, but preserve enough recovery ability to feed and fuel your arm-specialization workouts so they grow from guns into cannons!

The two different arm routines in the previous chapters should be alternated—width at one arm workout, peak/sweep at the next. That means you can plug these programs into just about any routine. It works in almost all of the programs in our *X-traordinary Muscle-Building Workouts* e-book (available at X-Rep.com). Nevertheless, we want to give you a full routine with the arm workouts in place so you see how everything fits together. The program is one we are experimenting with as we write this—3D H.I.T. It's basically using the three positions of flexion for each bodypart, but doing only one all-out work set, more often than not with X Reps or an X-Hybrid technique. (See Chapter 2 for more on X Reps.)

It's a three-way split, with workouts on Monday, Tuesday, Wednesday and Friday. We take Thursdays and weekends off, and we train legs only once a week, on Tuesday. The two upper-body workouts rotate over Monday, Wednesday and Friday.

Plugging in the arm-specialization workouts makes an excellent six-to-eight-week specialization phase that should result in bigger, fuller attention-grabbing arm size. Go all out and don't forget the X Reps.

3D H.I.T Program with Arm Specialization ©

Six Weeks (Train Four Days a Week)

WORKOUT 1

Delts, Midback, Biceps, Forearms

Exercise, sets x reps

Seated laterals/upright rows*, 1 x 9-12
One-arm cable laterals or
incline one-arm laterals, 1 x 9-12
Forward-lean laterals, 1 x 12-15
Dumbbell presses*, 1 x 9-12
Bent-over laterals, 1 x 12-15
Machine rows*, 1 x 9-12
V-handle cable rows or
one-arm dumbbell rows, 1 x 9-12
Bent-arm bent-over laterals, 1 x 12-15

Biceps Width:

Inner-head emphasis

Wide-grip preacher or
cable curls* (bottom X Reps), 2 x 9-12
Incline curls (bottom X Reps
or Static X), 1-2 x 9-12
One-arm spider curls
(top X Reps), 1-2 x 12-15

Tri-set

Behind-the-back wrist curls, 1 x 12-15
Rockers, 1 x 12-15
Forearm Bar reverse
wrist curls, 1 x 10-12

Poundage

Important note: If this workout falls on Friday, do regular deadlifts instead of back work; follow it with one set of any type of row.

*Do one to three light warmup sets with about 50 percent of your work weight on the first, 60 percent on the second and 80 percent on the third prior to your work set(s).

3D H.I.T Program with Arm Specialization ©

Six Weeks (Train Four Days a Week)

WORKOUT 2

Quads, Hamstrings, Calves, Lower Back

Exercise, sets x reps

Poundage

Leg extensions (warmup), 2 x 10

Squats*, 1 x 10-12

Sissy squats, 1 x 10-12

Leg extensions, 1 x 12-15

Lunges or feet-forward Smith

machine squats, 1 x 10-12

Stiff-legged deadlifts, 1 x 10-12

Leg curls, 1 x 12-15

Knee-extension leg press

calf raises, 1 x 15-18

Leg press calf raises

(knees locked), 1 x 12-15

Standing calf raises or

one-leg calf raises, 1 x 20-25

Seated calf raises, 1 x 12-15

Low-back machine or

hyperextensions, 1 x 10-12

*Do one to three light warmup sets with about 50 percent of your work weight on the first, 60 percent on the second and 80 percent on the third prior to your work set(s).

3D H.I.T Program with Arm Specialization ©

Six Weeks (Train Four Days a Week)

WORKOUT 3

Chest, Lats, Triceps, Abs

Exercise, sets x reps

Incline presses*, 1 x 9-12
High cable flyes, 1 x 12-15
Bench presses, 1 x 9-12
Flat-bench flyes, 1 x 9-12
Wide-grip dips, 1 x 9-12
Low cable flyes, 1 x 12-15
V-handle pulldowns*, 1 x 9-12
Wide-grip chins, 1 x 9-12
Machine pullovers or
dumbbell pullovers, 1 x 9-12
Rope rows, 1 x 12-15

Triceps Width:

Outer-head emphasis

Close-grip bench presses*
(bottom X Reps), 2 x 9-12
Cable pushouts
(top-end X Reps), 1-2 x 9-12
Two-arm kickbacks
(Static X near top), 1-2 x 12-15

Incline kneeups (X Reps), 1 x 10-15

Flat-bench leg raises, 1 x 10-15

Tri-set

Ab Bench crunches, 1 x 7-9
Twisting crunches, 1 x 10-12
End-of-bench kneeups, 1 x 8-10

Poundage

Important note: If this workout falls on Friday, do regular deadlifts instead of back work; follow it with one set of any type of chin or pulldown.

*Do one to three light warmup sets with about 50 percent of your work weight on the first, 60 percent on the second and 80 percent on the third prior to your work set(s).

3D H.I.T Program with Arm Specialization ©

Six Weeks (Train Four Days a Week)

WORKOUT 4

Delts, Midback, Biceps, Forearms

Exercise, sets x reps

Seated laterals/upright rows*, 1 x 9-12

One-arm cable laterals or
incline one-arm laterals, 1 x 9-12

Forward-lean laterals, 1 x 12-15

Dumbbell presses*, 1 x 9-12

Bent-over laterals, 1 x 12-15

Machine rows*, 1 x 9-12

V-handle cable rows or
one-arm dumbbell rows, 1 x 9-12

Bent-arm bent-over laterals, 1 x 12-15

Biceps Peak:

Outer-head emphasis

Narrow-grip preacher or
cable curls* (bottom X Reps), 2 x 9-12

Concentration curls
(top X Reps), 1-2 x 12-15

Incline hammer curls (bottom X Reps
or Static X), 1-2 x 9-12

Tri-set

Behind-the-back wrist curls, 1 x 12-15

Rockers, 1 x 12-15

Forearm Bar reverse
wrist curls, 1 x 10-12

Poundage

Important note: If this workout falls on Friday, do regular deadlifts instead of back work; follow it with one set of any type of row.

*Do one to three light warmup sets with about 50 percent of your work weight on the first, 60 percent on the second and 80 percent on the third prior to your work set(s).

3D H.I.T Program with Arm Specialization ©

Six Weeks (Train Four Days a Week)

WORKOUT 5

Chest, Lats, Triceps, Abs

Exercise, sets x reps

Incline presses*, 1 x 9-12
High cable flyes, 1 x 12-15
Bench presses, 1 x 9-12
Flat-bench flyes, 1 x 9-12
Wide-grip dips, 1 x 9-12
Low cable flyes, 1 x 12-15
V-handle pulldowns*, 1 x 9-12
Machine pullovers or
dumbbell pullovers, 1 x 9-12
Rope rows, 1 x 12-15

Triceps Sweep:

Long-head emphasis

Lying extensions on flat bench*
(bottom X Reps), 2 x 9-12
Overhead dumbbell extensions
(bottom X Reps), 1-2 x 9-12
Pushdowns
(X Reps near bottom), 1-2 x 12-15

Incline kneeups (X Reps), 1 x 10-15
Flat-bench leg raises, 1 x 10-15
Tri-set
Ab Bench crunches, 1 x 7-9
Twisting crunches, 1 x 10-12
End-of-bench kneeups, 1 x 8-10

Poundage

Important note: If this workout falls on Friday, do regular deadlifts instead of back work; follow it with one set of any type of chin or pulldown.

*Do one to three light warmup sets with about 50 percent of your work weight on the first, 60 percent on the second and 80 percent on the third prior to your work set(s).

3D H.I.T. Tips and Reminders

1) Do one to three warmup sets as listed. A warm muscle contracts up to 20 percent better than a cold muscle, so don't neglect this important ritual—and concentrate on each warmup set. (Or you could use high-rep-set first STX or 3X + XRX.)

2) Push your work sets to at least positive failure—until you can't do another rep with good form. On some sets continue with X-Rep partials, eight-inch pulses from the semistretch point, such as near the bottom of an incline press, up to just below the halfway mark on the stroke. X Reps will work best on the last set of any exercise—you may need help from your partner on some. If you can't do X Reps, do a Static hold just out of the turnaround—the point at which you reverse the movement.

3) The ideal rep speed is 1 1/2 seconds up and 1 1/2 seconds down; always keep your form strict—no momentum. For contracted-position exercises, the ones on which you do higher reps to end a bodypart, you may want to slow down the reps for more feel, a longer tension time and a bigger pump!

4) Rest about 2 1/2 minutes between sets.

5) After six weeks on this program, back off the intensity—use the same routine but stop every set two reps short of failure. Then you can go back to the intense version or another program (there are many good ones at our web site in the X-Shop).

7) Eat plenty of protein, preferably over five to seven smaller meals every day. Your protein intake should be about one gram for every pound of bodyweight, and you should get protein at every meal. And try to get some slow-digesting protein before bed, such as cottage cheese to trickle-feed your muscles overnight.

8) We train Monday, Tuesday (legs), Wednesday and Friday, but you can train any days during the week. Try not to train more than three days in a row. Always take at least one day off after three workouts.

9) Do deadlifts on Friday as your back workout, followed by one set of a big midrange back exercise, as listed.

CHAPTER 6

Guns-to-Cannons Q&A

Q: Wide-grip preachers hurt my elbows and I don't have a cable set up to do wide-grip cable curls. Can I do wide-grip barbell curls or wide-grip dumbbell curls instead as the first biceps inner-head exercise?



A: Yes. The key is the grip width. The reason we suggest wide-grip preachers or wide-grip cable curls is because there is less ability to swing and cheat the weight up plus it's difficult to do X-Rep partials at the end of a set of barbell or dumbbell curls.

If you use a barbell, just go slightly outside shoulder width, or your elbows may start hurting again. With dumbbells there is less chance of that because your arms

aren't restricted along the arc; but do still keep your arms angled out, as in the photo. Also, in either case, since you can't do X Reps, use a Static X about one-third of the way up the stroke—just out of the bottom turnaround.

Q: I overtrain easily. Is there any way I can target width and sweep with just one exercise for biceps and one for triceps.

A: Yes, you could use the first exercise, the big midrange move, from each routine:

Biceps width (inner head): Wide-grip preacher curls

Biceps peak (outer head): Close-grip cable curls

Triceps width (outer head): Close-grip bench presses

Triceps sweep (long head): Lying extensions

If you would rather use the same exercise at every workout and not target specific areas, use shoulder-width-grip curls—we like a cable for more tension and the ability to do X-Rep partials at the end—and decline extensions. According to MRI studies, those two exercises light up all the heads of the biceps and triceps, respectively, without favoring any particular area.

Q: I see the pure logic of 3D POF for each bodypart for complete development. I heard that Arnold used it to build his awesome biceps. Is that true?

A: Steve noticed Arnold's three-exercise biceps approach when he was developing the 3D POF protocol years ago. Here's an excerpt from the *3D Muscle Building* e-book in which Steve explains his discovery and application:

“After poring over reams of research material, I came across a phenomenon that occurs when a muscle is stretched and then forcefully contracted. So I began including for every bodypart at least one exercise that had a full-stretch component (an animal study later, in the '90s, produced a 300 percent increase in muscle mass with only one month of stretch overload—so I was on the right track!). I was amazed at the growth spurt I got, but I knew there was still something missing. I didn't start packing on real size until after I put the other parts of the puzzle into practice—properly combining stretch exercises with those that involve synergy, or muscle teamwork, and peak contraction/tension. The end result was full-range-of-motion training that could be applied to every muscle group. I soon found the perfect example of the principle in

action, but I didn't find it in scientific abstracts.

“Browsing through a muscle magazine, I noticed that Arnold used a similar approach for his favorite biceps routine: dumbbell curls for synergy, incline curls for stretch and concentration curls for peak contraction/continuous tension. I tried his program—with fewer sets because of my drug-free status—and I realized that there was something almost magical about it. I used Arnold's exercises for a month, and soon my gym buddies started asking me to hit arm shots because my bi's were getting more peaked each week. They couldn't believe it was the routine, but once they tried it, they became believers. There was something very powerful about that particular exercise combination (as you'll see in this e-book).”

So, yes, Arnold did use 3D POF, although he didn't define it as such—and he only used it for certain bodyparts, more inadvertently and due to instinct than any predefined training protocol. Because he was so in touch with biceps training, he no doubt could tell that using those three exercises—barbell curls, incline curls and concentration curls—together did great things for his arm development. They did help him develop a pair of the greatest biceps ever.



Q: When you discuss getting wider-looking arms from the front [when someone looks at you straight on, face to face], you don't mention brachialis work. Wouldn't building that muscle help create more arm width as well as biceps peak?

A: At first glance you'd think so, but notice that even if your brachialis, the knot of muscle that appears between your outer biceps and triceps heads (see Arnold's down left arm in the photo on the previous page), is big and full, your outer triceps head is still the outside width creator. In other words, the lateral triceps head is what people see as the outer boundary of your arm, not the brachialis. That's why you want big sweeping lateral triceps heads!

The only way the brachialis adds to arm width is by raising the lower section of the biceps muscle. Because the brachialis snakes around under the biceps down by the elbow, developing it will cause the lower area of your bi's to rise a little more, which would make your lower arm look slightly wider.

You should always do some brachialis work—as in the biceps-peaking routine in this e-book—but there's no need to emphasize the brachialis muscles in the other routine, which is tailored for getting that wide-arm look from the front. Gnarly brachialis muscles will give your arms more detail and help heighten your biceps peak when you flex, but for your guns to look super wide from the front, concentrate on your outer triceps heads and inner biceps heads.

Q: Do I really have to work my forearms? Not many of the pro bodybuilders do.

A: It's interesting that you mention that very few, if any, pro bodybuilders train them, yet most have huge forearms. New studies on genetic predisposition suggest that if you train with weights, and your forearms develop without any direct work, you probably have good genetics for excessive muscle growth—you're not a hardgainer. In other words, pro bodybuilders are genetic superiors, so they don't have to train forearms. Most of us, however, are not in that category.

In fact, many times forearm strength is a limiting factor in biceps growth. Get your forearms bigger and stronger, and you'll be able to hit your biceps harder—which will translate into much larger arms quickly. (That was one of Larry Scott's secrets; he was the first Mr. Olympia, and his arms are still revered in bodybuilding circles as incredible,

Forearm rockers: Curl your hands up and in, then lower and curl up and out. This hits both sides of the forearm—extensors and flexors.



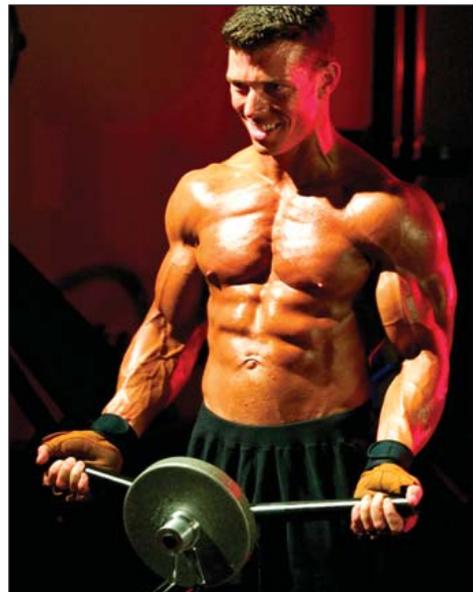
especially his big, full, football-shaped biceps!)

If you don't like the tri-set for forearms we list in the 3D HIT routine on page 38, at least do one or two sets of forearm rockers right after your biceps work.

In case you don't know what forearm rockers are, here's the drill: Stand with a dumbbell in each hand at arm's length, 'bells at your outer thighs. Curl your hands in and up, which hits the forearm flexors, lower, then curl your hands out and up, which hits the extensors. There should be very little movement at your elbow—focus on only moving your hands, rocking them back and forth (see Jonathan's photos on the previous page). This is a very efficient forearm exercise. Try one or two sets of 20 reps—that's 20 reps each way, alternating in and up, then out and up.

In our forearm routine on page 38 we also include behind-the-back wrist curls, which is holding a bar at arm's length behind your lower butt, palms facing out, and curling your hands up to contract your forearms. Forearm Bar reverse wrist curls entail using a special bent bar, as in the photo at right. You can do straight-arm wrist curls

With the Forearm Bar you can use an undergrip to train your flexors and an overgrip to train your extensors.



or reverse wrist curls with it. It provides a very unique feel to forearm work.

By training your forearms, you'll get stronger at curling, which will build bigger biceps; plus, your lower arms will start filling out and get more vascular. Forearms are one of your most exposed muscles, so after you've been doing rockers or our forearm routine for a while, be prepared for comments like, "Man, I can see you've been working out," and "Hey, you're looking a lot bigger." It's amazing what some new muscular detail in exposed bodyparts can do for your appearance, not to mention your self-confidence!

Q: What supplements will help while I'm specializing on my arm size?

A: First, be sure you get protein at each of your six meals a day—20 to 40 grams. And, if possible, take branched-chain amino acids with your solid-food meals, as food digests slowly. BCAAs will get muscle-building aminos into your bloodstream quickly to keep the anabolic processes in high gear.

Protein is especially important immediately after you train, as that's when the muscles' nutrient receptivity is heightened. That's why the hour right after you train is known as the *anabolic window*. You also want to include fast carbs so that glycogen replenishment begins. Remember, glycogen helps your muscle hold more fluid, and that means bigger, fuller biceps and triceps!

Two other supplements that will help are creatine and beta-alanine. Creatine improves muscle energetics so you can get more reps on low- to medium-rep sets—as on the midrange- and stretch-position exercises in the arm routines. Creatine also helps improve muscle fullness by

hydrating muscle cells.

Beta-alanine converts to carnosine in muscle. Carnosine helps create a buffer so you can push further into the pain zone on higher-rep sets to exhaustion. In other words, it helps you get more growth reps at the end of a set—and more X Reps! Recall the size principle of muscle fiber recruitment—it's the last few reps that engage the high-threshold motor units, which activate the fast-twitch fibers with the most growth potential. The more reps you get at the end of a set, the more growth stimulation that set produces. You'll be able to tell a week after starting beta-alanine because you will be cranking out the higher-rep sets on contracted-position exercises—like concentration curls—with much more authority.

For more on these supplement and others we recommends, see our Size Surge Supplement feature at <http://x-rep.com/sizesurgesupps.htm>.

Q: You usually include drop sets in your programs, but they are not in the 3D H.I.T. workouts. Why?

A: For the uninitiated, a drop set is doing a set to exhaustion, reducing the poundage and then doing another set to exhaustion. In workouts that include them we designate the reps as 8(6), which means around eight reps on the first phase and six on the second phase. It's an excellent mass tactic because you extend the tension time on the target muscle, much like a high-rep set, but you get two all-out reps, one at the end of each phase of the drop set—that is, two sets back to back.

We are big fans of drop sets because they do great things for our size and muscularity. Right now, with the

new 3D HIT program we are experimenting with one work set at each position, and on the last exercise, the contracted position, we are observing how a higher-rep set works. We will no doubt eventually move to drop sets on the contracted-position exercise to increase the intensity and add some variation. Change to gain!



We are always experimenting in the gym, rotating in new programs from our various e-books and trying new programs and mass-building tactics to keep growing.

X-traordinaryArms®
Biceps Width: Inner-head Emphasis

Wide-grip preacher
or cable curls*
(bottom X Reps), 2 x 9-12

Incline curls (bottom X Reps
or Static X), 1-2 x 9-12

One-arm spider curls
(top X Reps), 1-2 x 12-15

*Do one to three light warmup sets with about 50 percent of your work weight on the first, 60 percent on the second and 80 percent on the third prior to your work set(s).

X-traordinaryArms®
Triceps Width: Outer-head Emphasis

Close-grip bench presses*
(bottom X Reps), 2 x 9-12

Cable pushouts
(top-end X Reps), 1-2 x 9-12

Two-arm kickbacks
(Static X near top), 1-2 x 12-15

*Do one to three light warmup sets with about 50 percent of your work weight on the first, 60 percent on the second and 80 percent on the third prior to your work set(s).

X-traordinary Arms[®]
Biceps Peak: Outer-head Emphasis

Narrow-grip preacher or
cable curls*
(bottom X Reps), 2 x 9-12

Concentration curls
(top X Reps), 1-2 x 12-15

Incline hammer curls
(bottom X Reps
or Static X), 1-2 x 9-12

*Do one to three light warmup sets with about 50 percent of your work weight on the first, 60 percent on the second and 80 percent on the third prior to your work set(s).

X-traordinary Arms[®]
Triceps Sweep: Long-head Emphasis

Lying extensions on flat bench*
(bottom X Reps), 2 x 9-12

Overhead dumbbell
extensions
(bottom X Reps), 1-2 x 9-12

Pushdowns (X Reps
near bottom), 1-2 x 12-15

*Do one to three light warmup sets with about 50 percent of your work weight on the first, 60 percent on the second and 80 percent on the third prior to your work set(s).