



THE ATHLETIC-AESTHETIC PHYSIQUE

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**MUSCLE SPECIALIZATION
ACCELERATOR SERIES**

BACK AND CALVES

BICEPS AND TRICEPS ACCELERATOR

For biceps and triceps we are going to use Oscillating Intensity and Volume Optimizers to bring up your arms over the next four weeks.

OSCILLATING INTENSITY:

Oscillating intensity simply means heavy vs. light weights. Each week of this program will have a heavy and a light component so that all muscle fibers are taxed for full muscle development.

For example, on day 1 you may do heavier curls (8-10 reps) and a lighter biceps movement (12-15+reps) on day 2. The types of exercises used for heavy and light work will change throughout the 4 week program.

VOLUME OPTIMIZER

During weeks three and four, we will use Volume “finishers” for the biceps and triceps. You will perform the prescribed exercise for 50 reps as quickly as possible, resting only as needed. The goal is to complete the 50 reps in as few sets as possible and resting as little as possible. But, as I’ll talk about below, you still need to maintain proper form and keep tension on the muscle.

The goal is to not only increase the circumference of your arms, but also to increase visual muscularity. Big arms are easy: stuff your face and gain 20 pounds. Bigger, more defined arms are much harder to come by and a lot more rare to see in natural trainees.

This four-week specialization program will put you on the path to increasing size and visual impact of your arms.

Here’s the key when it comes to arm training, especially this accelerator: activation and tension is more important than maximum weight.

The reps on all of the accelerator workouts for your arms below should be slow and controlled, with the goal of creating maximum tension. You should get a really good “pump” and feel the muscle working in the belly of the muscle. That’s the key to fully developed biceps and triceps, so take this as permission to lift “light” on the accelerator workouts below and focus on muscle activation.



BICEPS AND TRICEPS ACCELERATOR

WEEK 1 - DAY 1

SET#	EXERCISE	SETS	REPS	REST (MIN)
1	Standing Dumbbell Curls	4	8-10	2
	Lying Dumbbell Triceps Extensions	4	12-15	
Perform 1 set of curls followed immediately by triceps extensions. Rest 2 minutes and repeat three more times.				

WEEK 1 - DAY 2

SET#	EXERCISE	SETS	REPS	REST (MIN)
1	Cable Triceps Extension	4	8-10	2
	Cable Overhand Grip Curls	4	12-15	
Perform 1 set of extensions followed immediately by curls (adjust the cable setting from high-to-low as quickly as possible). Rest 2 minutes and repeat three more times.				

BICEPS AND TRICEPS ACCELERATOR

WEEK 2 - DAY 1

SET#	EXERCISE	SETS	REPS	REST (MIN)
1	Incline Curls	4	15-20	2
	Incline Neutral Grip Dumbbell	4	6-8	
	Triceps Extensions			
Perform 1 set of curls followed immediately by triceps extensions. Rest 2 minutes and repeat three more times.				

WEEK 2 - DAY 2

SET#	EXERCISE	SETS	REPS	REST (MIN)
1	Cable Rope Triceps Extensions	4	15-20	2
	Cable Rope Curls	4	6-8	
Perform 1 set of triceps extensions followed immediately by rope curls (adjust the cable setting from high-to-low as quickly as possible). Rest 2 minutes and repeat three more times.				

BICEPS AND TRICEPS ACCELERATOR

WEEK 3 - DAY 1

SET#	EXERCISE	SETS	REPS	REST (MIN)
1	Standing Dumbbell Curls	3	8-10	2
	Lying Dumbbell Triceps Extensions	3	12-15	
Perform 1 set of front raises followed immediately by face pulls. Rest 2 minutes and repeat two more times.				
2	Empty Bar Curls (use a 45- pound bar)	1	50 reps as fast as possible (record time).	as needed to complete 50 reps
Perform 50 reps as fast as possible, resting only as needed.				

WEEK 3 - DAY 2

SET#	EXERCISE	SETS	REPS	REST (MIN)
1	Cable Triceps Extension	3	8-10	2
	Cable Overhand Grip Curls	3	12-15	
Perform 1 set of extensions followed immediately by curls (adjust the cable setting from high-to-low as quickly as possible). Rest 2 minutes and repeat two more times.				
2	Close Grip Pushups	1	50 reps as fast as possible (record time).	as needed to complete 50 reps
Perform 50 reps as fast as possible, resting only as needed. Record time it takes to complete all 50 reps.				

BICEPS AND TRICEPS ACCELERATOR

WEEK 4 - DAY 1

SET#	EXERCISE	SETS	REPS	REST (MIN)
1	Standing Dumbbell Curls	3	8-10	2
	Lying Dumbbell Triceps Extensions	3	12-15	
Perform 1 set of front raises followed immediately by face pulls. Rest 2 minutes and repeat two more times.				
2	Empty Bar Curls (use a 45- pound bar)	1	50 reps as fast as possible (beat last weeks time!)	as needed to complete 50 reps
Perform 50 reps as fast as possible, resting only as needed.				

WEEK 4 - DAY 2

SET#	EXERCISE	SETS	REPS	REST (MIN)
1	Cable Triceps Extension	3	8-10	2
	Cable Overhand Grip Curls	3	12-15	
Perform 1 set of extensions followed immediately by curls (adjust the cable setting from high-to-low as quickly as possible). Rest 2 minutes and repeat two more times.				
2	Close Grip Pushups	1	50 reps as fast as possible (beat last weeks time!).	as needed to complete 50 reps
Perform 50 reps as fast as possible, resting only as needed. Record time it takes to complete all 50 reps.				