



PHYSIQUE **ZERO**

A R M S

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P.ROGRESSIVE T.ENSION O.VERLOAD

IF YOU HAVE EVER HEARD SOMEONE SAY “CHANGE UP YOUR PROGRAM SO YOUR MUSCLES DON’T ADAPT”, THEN I HIGHLY ADVISE THAT YOU RECONSIDER ANY OF THEIR FITNESS ADVICE. You see, it is an irrefutable fact that muscle building is 100% based on adaptation. If you don’t adapt, you don’t grow, period.

Here is how it works (in Layman’s terms): You start a workout routine that stimulates the muscle. This is new stimulus to the muscle and therefore your body forces itself to adapt to the stimulus by creating bigger and/or stronger muscles in order to perform the given activity again. When, *and only when*, your body adapts to a specific stimulus, the muscle will grow.

FACT: Your muscle does not know how much weight you are lifting and it can’t differentiate between different exercises of the same movement. Your muscles ONLY understand tension.

Instead of “switching it up” with new exercises that we haven’t introduced, we should solely be focused on creating more tension, slowly, in order to ensure adaptation.

ADAPTING TO NEW STIMULUS

In order to increase tension progressively to ensure muscle adaptation, we must continue to progress.

PROGRESS CAN BE MADE BY...

- Increasing the reps without sacrificing sets
- Adding a set*
- Increasing the TUT without sacrificing reps
- Increasing training density
- Increasing volume through bodyweight amplifiers (i.e. rest pause sets, isometrics, etc.)



IMMEDIATE ACTION: If anything you just read makes sense to you, then I advise that your first step before starting this journey to bigger pecs be to get yourself a workout journal/log/book.

Guessing your total workload or not coming into a workout prepared to outperform your last performance is a sure way to fail. On the other hand, walking into a workout with a clear goal is a fail proof approach.

TRUE FULL R.O.M.

Every muscle has a specific range of motion that it moves through. To fully exploit muscle growth, it is absolutely essential to know what this range is, and how the muscle is intended to move.

There are many different ranges that you can train each muscle group, and you should do so. However, the most important range is a full range. Problem is, full ROM is just too vague and not well understood in the bodybuilding community.

The TRUE full range of motion takes place when the target muscle is completely shortened (on the concentric movement) and completely lengthened (on the eccentric movement). Fully shortening and lengthening a muscle will allow you to train it (the target muscle) at its absolute weakest point. If you are NOT doing so, you are leaving a lot of room for growth on the table.

Now I am going to explain how to get a REAL full ROM with your arm training in order to optimally create new stimulus for rapid muscle growth.

BICEPS: The trick to training biceps is to fully lengthen as well as fully shorten the muscle when performing the given exercise. The way this is done is by not only flexing your biceps at the peak of the concentric movement, but also flexing its antagonistic muscle (triceps) at the end of the eccentric movement. This will allow you to get a full stretch of the biceps as well as keep it for longer time under tension. Flexing the biceps at the concentric peak will ensure that you are fully shortening the muscle, flexing the triceps at the end of the eccentric movement will ensure that the biceps are fully lengthened.



TRICEPS: The trick to training the triceps is very similar (if not practically identical) to training the biceps. Use the same idea of fully lengthening and fully shortening the muscle. The triceps are fully shortened when they are flexed at the peak of the concentric movement and fully lengthened when the forearm touches the biceps at the end of the eccentric movement.



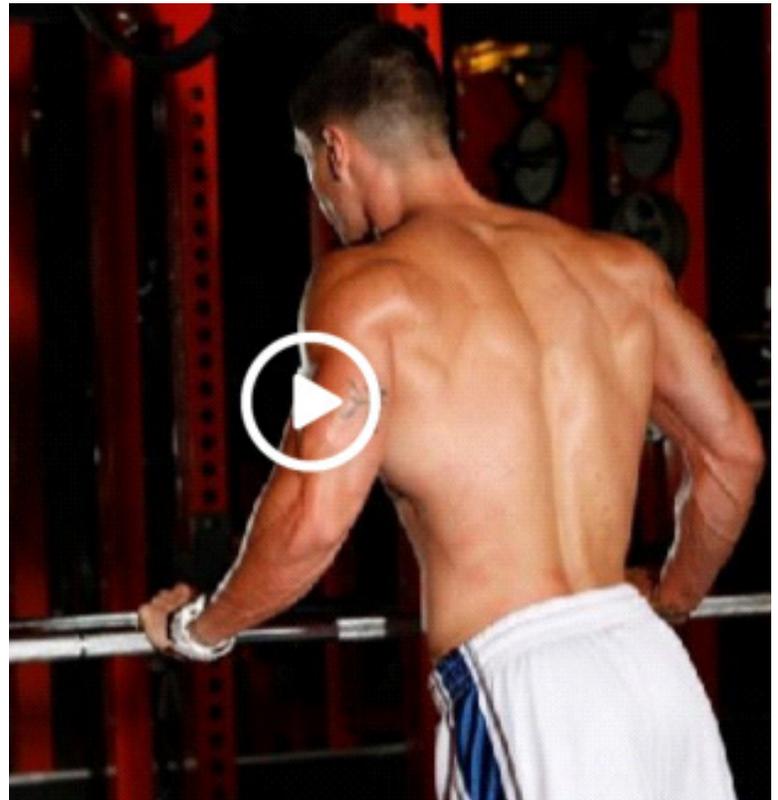
NEGATIVE MOVEMENT = POSITIVE RESULTS

Most lifters often believe that lifting the weight is the only portion of the exercise that exists. They believe that the contraction is the only portion of the range that matters. But lifting the weight is only *half* of a complete ROM. The negative (eccentric) portion of the exercise has actually been proven to be *more* beneficial toward overall muscle gains.

With any exercise, it is true that we are able to lower (in a controlled fashion) a larger amount of weight in an eccentric movement than we can lift in a positive contraction. This simply means that we can force our body to handle a heavier workload and thus increase muscular stimulus dramatically by simply focusing on the negative or eccentric portion of the lift.

In regards to bodyweight training, this becomes even more critical since increasing the workload in a traditional fashion is out of the question.

As you progress and become more proficient with certain movements, slow negatives should become a staple of your training. Not only will this increase the TUT, but controlling your body through space while the muscle fibers are more susceptible to damage is a sure-fire way to induce hypertrophy.



“Research shows that negatives have a greater affect on muscle hypertrophy than concentric training, and there’s evidence that maximal growth isn’t attained unless eccentric muscle actions are performed.”

- Brad Schoenfeld

THE **BIG** NUMBERS

HOW MANY SETS?

Numerous studies have shown that there is no difference between performing 10 sets per muscle group and performing 20 sets per muscle group (*these numbers reflect larger muscle groups*). As long as you continue to increase the volume (as mentioned earlier), whether you train for 10 sets or you train for 20 sets, your body will continue to change. However, I am not going to leave you guessing and stressing about how many sets YOU will do. There is no need to make this process more complicated than it should be. The chest is a large muscle that needs a great deal of direct stimulus if we want to maximize growth muscle groups. With that being said, we will have to train them with a good deal of volume. But fear not, I've kept it very simple when designing the program.

THE BIG NUMBER: 12-16 SETS



HOW MANY REPS?

The amount of reps you train with will determine the type of muscular hypertrophy you trigger. While a lower number of reps increase strength and/or density, a higher number will target more of the muscle cell size. In our case, strength, density, and size are all important. This is why we will be alternating the rep range we train with.

REP RANGE	STRENGTH	DENSITY	SIZE
1 to 3	XXXX		
4 to 6	XXX	XXX	
7 to 10	X	XX	XXX
11 to 15			XXXX

THE BIG NUMBER: (Rep range will vary from session to session: see workout details)

HOW MUCH REST IN BETWEEN SETS?

The idea is to give your muscles just enough time (not too much, not too little) to replenish their energy stores to allow you to continue lifting strong. If you let them rest too long, the creatine phosphate and ATP Glycolysis energy systems will have replenished substantially. The aim is to continue to train the muscle before it has fully recovered. On days where you are lifting heavier, you'll need enough time to allow your muscles to replenish their energy stores without fully recovering. Thus it is better to rest longer in order for the nervous system to recover. Because we will be training with bodyweight only, however, a longer rest period is not necessary since the intensity is low.

THE BIG NUMBER: Rest 30-90 Seconds

WHAT IS THE MOST OPTIMAL TIME UNDER TENSION? (How long should the reps last?)

The proven optimal TUT for muscle growth (Time under tension) is around 40-70 seconds.

THE BIG NUMBER: 40-70 SECONDS

Rep Tempos Vary (see the workout details)

MAXIMUM FIBER FREQUENCY

Two of the main reasons your arms are not growing as fast as you would like are, lack of muscle activation as well as **insufficient muscle fiber recruitment**. If you start your arm workout with curls, the biceps alone are so small

that activating them will take forever. Not to mention, isolating a muscle that small will not require additional help in the form of muscle fibers to assist with the exercise.

If we can manage to fully activate the muscle as well as force muscle fiber recruitment, we will cause our body to maximize the isolation training for the biceps and/or triceps while breaking down more total fibers resulting in the creation of more new muscle.

HOW DO I ACTIVATE THE TARGET MUSCLE?

The best way to activate a small muscle is to perform a heavy compound exercise that uses the said group as a secondary muscle. I prefer pull ups, chin ups, or any exercise that requires you to lift your body through space. These exercises tend to activate the smaller muscle groups much faster. Not only will they activate the smaller muscle group, but they also require a larger number of muscle fibers to help perform. The more muscle fibers are recruited, the more we can break down. The more muscle fibers that are broken down, the more new muscle is created.

ACTIVATING THE BICEPS

Biceps are a “climbing” muscle. Because climbing trees or rock climbing is not ideal for most, we must take the pull up approach.

Start your biceps isolation training off with 3-5 sets of pull ups or chin ups. You can adjust the rep tempo or simply prolong the negative in order to make the exercise more challenging. Hanging at the bottom of the range for 1-2 seconds is another way to increase the intensity of the exercise without adding weight.



ACTIVATING THE TRICEPS

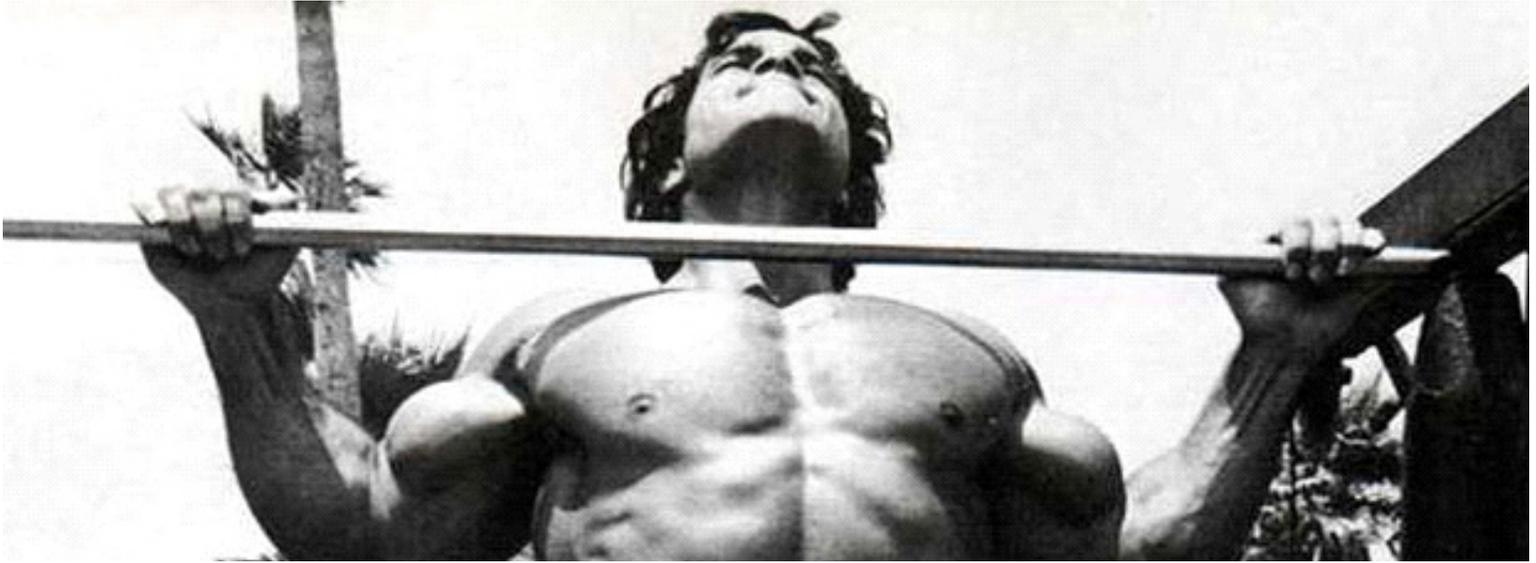
Triceps are larger than the biceps and therefore a little easier to activate.

Activate your triceps by activating your triceps isolation training with different dip variations. Slowing down the rep tempo, increasing the negative*, and/or adding isometric holds are all great ways to intensify this exercise.



TENSION INTENSIFYING

STATIC CONTRACTION: Static contraction entails pushing a muscle against resistance into a peak contraction and then maintaining that peak contraction for an extended period of time - preferably lasting 5-30 seconds.



For example, let's say that I am performing pull ups. When I reach the point in which my chin is over the bar and I cannot contract my biceps any further, I have reached a peak contraction for this particular exercise. Hold that position for 5-30 seconds.



STATIC HOLD: During any given exercise, you will stop in the mid-range of the movement. You will then contract against the resistance, attempting to hold it motionless as long as possible. After the muscles are in roaded to the point where it is impossible to prevent the downward movement of the resistance, you will continue to contract against the resistance, performing the negative as slowly as possible.

THE FREQUENCY FACTOR

Although your muscles DO require an adequate amount of rest in order to grow, don't be fooled by the misinformation that has been spread around the fitness community. Most "experts" would say that you should only train a muscle group once per week. Others will argue that 2 times per week is the absolute max. Fact is, the more frequently you train a specific muscle group, the faster your body will adapt to the load and ultimately, the faster you will recover. However, this does not mean to train your chest 5 times per week for a year in order to build it. This simply means that when prioritizing a specific muscle group, it is totally fine (and crucial) that you increase the frequency.

NOTE: Larger muscle groups will require more rest than a smaller muscle group. Smaller muscle groups will recover much faster and thus can tolerate a higher frequency.

In our case, we are training the arms (biceps and triceps). These are very small muscle groups and will recover extremely quickly (if the correct diet is in order).

Training arms 3x per week with 24-48 hours rest in between training sessions is NOT overkill....unless you do it for too long (more than 3-4 weeks at a time). Not to mention, 3 completely different training approaches will stimulate the muscles in many different ways. Exhausting all muscle fibers and expediting the overload process (which equals more growth, faster).

PHYSIQUE ZERO ARMS

WARNING:

DO NOT TRY THIS FOR MORE THAN 3 WEEKS AT A TIME

CAN I TRAIN OTHER MUSCLE GROUPS DURING THIS PROGRAM?

This is a SPECIALIZATION training program. If you want big arms (or a bigger chest, increased bench, or a higher vertical), then you have to focus on that ONE goal if you want optimal results. With that being said, for the next 3 weeks we are going to focus all of our efforts on arm hypertrophy. Don't make the mistake of trying to maintain volume on all different muscle groups during this program. You want all your resources (training, nutrition, recovery) to go toward the ultimate goal of increased arm size.

This program will consist of 4 training days. 3 of the 4 days we will train arms and the remaining day will be body management/maintenance (*This will be a full body workout that you can throw in on the day of your choice*). This will allow us to keep our other muscle groups active to avoid size or strength loss during this 3 week course.

DOES MY NUTRITION CHANGE DURING THIS PROGRAM?

No, you will continue to follow your current diet (Physique Zero Nutrition). Best results come when in a caloric surplus.

PHYSIQUE ZERO ARMS

Monday:	Arms	[a]
Wednesday:	Arms	[b]
Friday:	Arms	[c]
Monday:	Arms	[d]
Thursday:	Arms	[e]
Saturday:	Arms	[f]
Tuesday:	Arms	[a]
Thursday:	Arms	[e]
Saturday:	Arms	[c]

PHYSIQUE ZERO ARMS CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Arms A	Maint.	Arms B		Arms C	
	Arms D	Maint.		Arms E		Arms F
	Maint.	Arms A		Arms E		Arms C

PLUS SETS

You're going to notice that, on some exercises, there is a (+) symbol to the right of the prescribed sets.

This means that, once you've completed all of your working sets, you'll perform a final, Plus Set.

FOR EXAMPLE: Push-Ups

Sets: 2+

Reps: 10

Set 1 – 10 Reps

Set 2 – 10 Reps

Set 3 – AMRAP

The Plus Set should be performed for **as many reps as possible (AMRAP)**. You should aim to leave absolutely no more reps in the tank and take your body to complete muscular failure.

ARMS A

EXERCISE	SETS	REPS	REST	TEMPO
3 Point Bench Dip	5+	6	30 Seconds	4:0:4:0
Pull Ups	5+	6	30 Seconds	2:0:2:0
Triceps Extensions	4	8	45 Seconds	1:0:4:0
Inverted Curl	4	8	45 Seconds	1:0:4:0

ARMS B

EXERCISE	SETS	REPS	REST	TEMPO
3 Point Bench Dip	4	12	45 Seconds	2:0:2:0
Pull Ups	4	8-10	45-60 Sec.	1:0:1:0
Plank Triceps Ext.	4	12	45 Seconds	1:0:2:0
Inverted Curl	4	12	45 Seconds	1:0:2:0

ARMS C

EXERCISE	SETS	REPS	REST	TEMPO
Bench Dip	3+	15	60 Seconds	1:0:1:0
Inverted Row	3+	15	60 Seconds	1:0:1:0
Narrow Width Push Ups	3	15	45 Seconds	1:0:1:0
Inverted Curl	4	20	45 Seconds	1:0:1:0

*If you are unable to complete the exercise for the prescribed reps, use a rest-pause until you've achieved the target reps.

ARMS D

EXERCISE	SETS	REPS	REST	TEMPO
Pull Ups	5+	6	30 Seconds	2:0:2:0
3 Point Bench Dip	5+	6	30 Seconds	4:0:4:0
Inverted Curl	4	8	45 Seconds	1:0:4:0
Triceps Extensions	4	8	45 Seconds	1:0:4:0

ARMS E

EXERCISE	SETS	REPS	REST	TEMPO
Pull Ups	4	8-10	45-60 Sec.	1:0:1:0
3 Point Bench Dip	4	12	45 Seconds	2:0:2:0
Inverted Curl	4	12	45 Seconds	1:0:2:0
Plank Triceps Ext.	4	12	45 Seconds	1:0:2:0

ARMS F

EXERCISE	SETS	REPS	REST	TEMPO
Inverted Row	3+	15	60 Seconds	1:0:1:0
Bench Dip	3+	15	60 Seconds	1:0:1:0
Inverted Curl	4	20	45 Seconds	1:0:1:0
Narrow Width Push Ups	3	15	45 Seconds	1:0:1:0

*If you are unable to complete the exercise for the prescribed reps, use a rest-pause until you've achieved the target reps.

MAINTENANCE

EXERCISE	SETS	REPS	REST	TEMPO
Bulgarian Split Squat	4	10 each	45 Seconds	1:0:1:0
Single Leg Elevated Hip Thrust	4	15-20	60 Seconds	1:0:1:0
Feet Elevated Inverted Row	4	15-20	45 Seconds	1:0:1:0
3 Point Pike Push Up	4	8	60 Seconds	2:0:1:0
Feet Elevated Push-Ups	4	15-20	60 Seconds	1:0:1:0
Elevated Calf Raise	4	20	45 Seconds	1:0:1:0
Seated Knee Ups	4	20	45 Seconds	1:0:1:0