

# ARMED WITH BIG GUNS

“Armed with big guns” is trainer speak to prepare a trainee’s psyche just before a hard-hitting strength training routine aimed at blasting undeveloped arms in to a couple of M65 Atomic Cannons. When it comes to rating a muscular looking body, the arms are usually the first thing that’s sized up. Get ready, because BodyTech founder Peter Rana is going to shock and awe your arms with a HIT routine to impress.

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## ONE REP CHIN-UP

**TARGETED BODY PART:** front of upper arms

**MUSCLES WORKED:** Biceps, latissimus dorsi

**JOINT MOTION:** Elbow flexion

The idea behind a one repetition chin-up is to make it as intense and slow as possible, while still being able to complete it. Start by using an underhand grip from a hanging position; take an honest 30 seconds to get your chin above the chin-up bar. Train with a partner if you can and have him call out your time every 10 seconds. Once you reach the top, reverse by lowering in the same manner. The goal is to progress by working towards a 90 second one-and-a-half chin-up. Immediately get to the next exercise.

### TRAINING TIP

- Try to avoid coming to a complete stop throughout the 90 second repetition. It should be one continuous, deliberately slow movement.
- Having a partner call out in 10 second increments helps to time your transition between positive and negative phases of the repetition.



## NEGATIVE ACCENTUATED BICEPS CURL WITH DUMBBELL

**TARGETED BODY PART:** front of upper arms

**MUSCLES WORKED:** Biceps

**JOINT MOTION:** Elbow flexion

Because you are stronger lowering a weight than lifting it, accentuating the negative part of the exercise provides more time under tension, a primary HIT principle for higher stimulation of muscle fibres. Choose a pair of dumb bells (resistance) suitable for momentary muscular failure (MMF) within eight to 12 repetitions. Curl the dumbbells with both arms to a fully contracted position. Keeping constant tension in your right bicep (don't let your biceps

relax or move), lower your left dumb bell in eight strict seconds. Immediately return to a fully contracted position, pause and repeat with your right arm. Alternate arms until you can no longer return the dumb bell to a fully contracted position in good form with any one arm. Immediately move to the next exercise.

### TRAINING TIP

- Make sure you hold the fully contracted position while you perform the negative rep with the opposite arm.
- Focus on the negative repetition by keeping to a true eight second negative contraction.
- Make sure the arm doing the positive repetition has reached full contraction before beginning the negative repetition of the opposite arm.



## EXTREMELY SLOW DIP

**TARGETED BODY PART:** back of upper arms

**MUSCLES WORKED:** Triceps, deltoid and pectorals

**JOINT MOTION:** Elbow extension

This exercise is performed much like the one rep chin-up, but the difference is you are instead performing a dip. Start in the bottom position. Take 30 seconds to push to the top, pause and return in an equal amount of time. As soon as you cannot complete a third and even a fourth attempt for another 30 to 60 seconds, immediately get to the next exercise.

### TRAINING TIP

- Move deliberately upwards, moving in quarters where your partner calls out every 10 seconds. Continue pushing upwards in the same manner until you reach the top of full arm extension.



## TRICEPS EXTENSION WITH BARBELL

**TARGETED BODY PART:** back of upper arms

**MUSCLES WORKED:** Triceps

**JOINT MOTION:** Elbow extension

Lying face up on a suitable bench, have your partner hand you a barbell heavy enough to reach momentary muscular failure (MMF) between eight to 12 repetitions. Space your hands around 18 to 20 cm apart. Straighten your arms whereby the barbell is positioned over your forehead where the exercise begins. Lower the barbell slowly behind your head by bending only your elbows. Only your forearms and hands should move. Press the dumbbell back in to the extended position. Repeat until MMF is reached in good form. Immediately go to Negative Dip.

### TRAINING TIP

- Be mindful in keeping your elbows fixed in one position throughout the exercise.
- Be particularly aware not to 'explode' in and out of the bottom position.
- If you are new to this exercise, you may want to practice it with a lighter weight until you have the skill mastered.



## NEGATIVE DIP

**TARGETED BODY PART:** back of upper arms

**MUSCLES WORKED:** Triceps, deltoid and pectorals

**JOINT MOTION:** elbow extension

This finishes off your triceps. Using a sturdy bench or a Chin/Dip machine as shown, climb in to position with your arms straight. Remove your feet from the step and hold your body in position. Take a good eight to 10 seconds to lower yourself into a stretched

position, but not so much where you put too much pressure on your shoulders. Immediately climb back to the starting position and repeat until you can no longer control the negative descent within six seconds.

### TRAINING TIP

- Try not to take longer than three seconds to get back to the top position.
- Use a waist belt made to add additional weight. You may find this helpful when you can achieve more than four negative repetitions using only your body weight.

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## WRIST CURL WITH BARBELL

**TARGETED BODY PART:** forearms

**MUSCLES WORKED:** forearm flexors

**JOINT MOTION:** wrist flexion

With palms-up, grasp a barbell and sit on a bench resting your forearms on your thighs, hanging your wrists just past your knees. Curl your hands slowly until you reached full contraction, pause one second and return down in a controlled manner. Repeat for maximum repetitions (MMF). When 15 repetitions are achieved, make sure you increase the resistance for the next training session. Immediately perform the reverse wrist curl with barbell.

### TRAINING TIP

- Keep wrist isolated by applying downward pressure to the forearms against your knees.
- Maintain smooth movements throughout all repetitions.
- Stay focused.



## REVERSE WRIST CURL WITH BARBELL

**TARGETED BODY PART:** Forearms

**MUSCLES WORKED:** Forearm extensors

**JOINT MOTION:** Wrist extensors

Assume the same position as for the wrist curl but with palms-down. Extend wrists by moving your hands backward, pause and return to the starting position. Repeat for maximum repetitions (MMF). When 15 repetitions are achieved, make sure you increase the resistance for the next training session.

### TRAINING TIP

- Keep wrist isolated by applying downward pressure to the forearms against your knees.
- Maintain smooth movements throughout all repetitions.
- Stay focused.



## REVERSE CURL WITH BARBELL

**TARGETED BODY PART:** Front upper arms and forearms

**MUSCLES WORKED:** Brachialis, Biceps, and Brachioradialis

**JOINT MOTION:** elbow flexion in pronation (palms-down)

Grasp a heavier barbell than you would use for the Reverse Wrist Curl. Take a standing position with elbows close to your sides throughout the entire exercise (a part of good form). Curl the barbell and lower slowly back to the starting position. Repeat for maximum repetitions (MMF eight to 12 repetitions).

### TRAINING TIP

- Keep wrists straight during movement.
- Maintain slow, smooth movements throughout all repetitions.