

## 8 Weeks to fuller, bigger, higher peaking Bicep's

Researched and Composed by The Animal

### Introduction

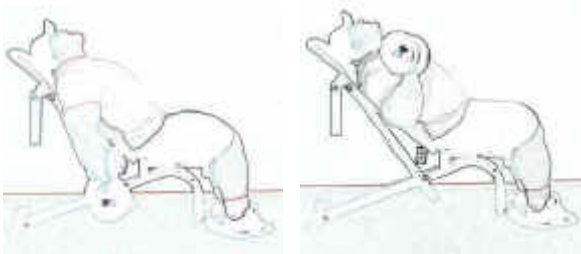
In 2001 a number of Bodybuilders craved bigger, higher peaking biceps. These men and women tried everything to reach their goals, today still wanting those arms they survive on hope alone, they've got a plateau, and no one else can shift it. Until now, they've just hired **THE ANIMAL!**

---

### The Ultimate Program Revealed!

#### Week's 1-2, 5-6

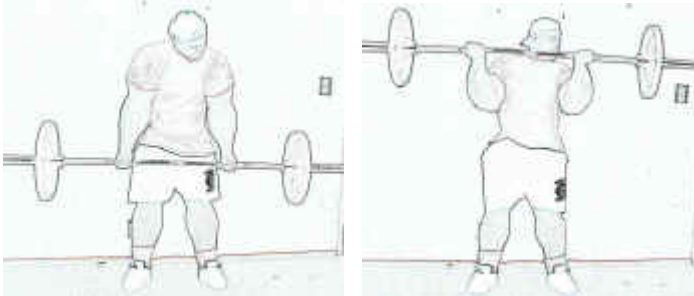
#### Phase 1 - Warm up Exercise:



[Incline dumbbell curls](#)

Select a light weight to perform this exercise and do not move your elbows at all!! Keep them tight to your body and take the weight up as far as you can without moving them. Essentially so your hand is about 8-10 inches from your shoulder when you have reached a peak contraction. This will ensure that your biceps are shouldering the majority of the load. Execute 15 slow and controlled repetitions for 3 sets. You will take approximately 90 seconds in between sets. At the beginning of the 90 second rest period, clench your fist so that your entire arm is tense and perform a curling motion for 30 total seconds. When you have finished this, rest for the remaining time period.

#### Working Set, Phase Two - 5 Massive Drop Sets



[Standing Barbell Curls](#) - Using an Easy Curl Bar

Begin by selecting a weight that causes you to fail at approximately 8 repetitions. However I want you to fill the bar with smaller plates. For example in the UK I put on 2 x 5kg (11.05lbs) plate on each side and then 3 x 2.5kg plates (5.525lbs). Its important that the last three plates on the barbell are made up of 5 pounders or approximately that much, because the set depends on it. The rest of the barbell should be made up of approximately 10 pound plates ( again in the Uk our plates are 5 kg or 11.05 pounds ).

#### **instructions - Perform this identically for 4 total sets!**

step one: perform repetitions until failure has been reached. This should take place at approximately 8 repetitions.

step two: strip the first set of 5 pound plates and go to failure again

step three: same as step two

step four: take the final 5 pound plates off and reach failure again

#### **5th set**

Perform an identical set to the first 4, but...this time you will strip until you have taken every plate off of the bar! **I WARN YOU**, the pain will be immense and your grip will be completely gone, but just rest the bar in between your index finger and thumb and keep pumping!

#### **Important Note:**

I admit this sounds like a lot, but after the first couple of sets you will probably only be able to get 3-4 reps with a weight before a drop. A set will contain about 15 total reps once you get into it. For more info on strip sets

[click here](#)

**Rest:** Now you are entitled to recover somewhat. NOT for too long though, we want to maintain a pump.

#### **Phase Three: High Cable Pulley Curls: 5 total sets**

##### **set 1-4**

After you have recovered go over to the high cable pulleys. Stand in between them slightly forward so the main part of your body is a few inches in front of the cables. Take a cable in each hand and do a double bicep curl, as if you were posing. Pay

special attention to your form. You must concentrate on keeping your shoulders, back, and elbows stationary. You'll find as you get on through the sets it's easy to digress into a semi-fly motion. Your aim is 15reps, when you have reached the peak contraction hold it for a SLOW count of 5 then release. Once again squeeze out 4 sets! The blood will be flowing heavily into your bi's about now, but the worst set is yet to come! You may have to drop the weight in between sets to keep good form but that's fine, remember this is a biceps workout, not back.

#### set 5

On the final set, drop the weight by about 50 percent (trust me). As before, when you reach the peak contraction hold it for 5 seconds, but this time do not lower the weight all the way, rather stop half way and lift it back up, contract for 5 and then follow this with a full repetition. You are actually performing 1 and a half reps. Continue until you have reached failure!

**vital note:** Notice how the focus is on the peak of the biceps. I am using cables because they provide continuous tension, which is a vital weapon when stressing this area.

#### Phase 4 The Final Blow!



[cable curls](#)

Its nearly over, but you still have one final dance with pain! Go to a low pulley and set up a semi light weight. Your goal is to make it through 3 sets of Double Handed Cable 21's. For a description on 21's [click here](#). This will hurt but again keep the weight light enough to watch your form. I have found that the upper 7 were only moving my arm about 4-6 inches, as the pump in my Bi's was extremely intense. After you have completed 3 sets, congratulate yourself, chug down a shake and EAT like a PIG!!

#### Week's 3+4, 7+8 of Biceps Blitz!

By now you should have noticed the above program getting slightly easier and the pain from the DOMS should be slightly less. Now it's time to give your body the shock of it's LIFE!!

**editors note:** Its apparent to me that the Animal has a twisted sense of " easier! " I would never associate the word easy with the above workout! I'm sure most of

you are wondering if the second phase of this program will be as painful as the first. Guess what? It is!

### Phase 1 - Warm up Exercise - [Wide Grip Straight Barbell Curls](#)

Pick up a Barbell. I prefer the stubby (5ft) one opposed to the full sized 7ft jobby. Put **no** weight on it and stand in front of a mirror, holding the bar with a grip about 6-8 inches wider on each hand than shoulder width. Your arms should be about 30 degree's to the left and right respectively, opposed to pointing straight ahead. Now grip the bar like it's got 1000lbs on it and is taking every ounce of energy in your body just to hold it. Rep out 20 slow and controlled reps. Again, elbows tucked in to your side with the bar stopping about 8-10 inches away from your chest, this is the peak contraction. Be sure to hold it there for a second or two before lowering the bar fully, so that your arms are pointing toward your feet. Do 3 sets in total, each containing 20 reps, and take a 60 second rest between each of these.

### Phase 2 - First Working Set

Exercise: [Concentration Curls](#)

Sit on the end of the bench with a dumbbell. You will be performing concentration curls. All too often these are done wrong. They are tricky and it takes loads of practice to get proper form. The most common mistake is rolling your elbow inwards to help you to lift the weight. If you have a partner, get him to hold your shoulder in the correct position and I guarantee that you'll feel the effectiveness of the exercise double. If you workout alone just use your other hand, until you get the form correct. Choose a weight that causes you to fail in the 8 rep range. Once you reach failure, use your other hand to help the weight up and perform 8 negatives. ( For a description on negatives [click here.](#) ) Then with no rest go onto your other arm and perform an identical set. Take a 60 second rest and repeat. In total you want 5 sets per arm each containing 8 normal reps and 8 negatives. You will need to drop the weight after a few sets, don't worry just keep PERFECT form!!

Rest a few minutes and get focused!

### Phase 3 Lying High Pulley Curls

This next exercise will get you some of the strangest looks you've ever had in the gym, but **WHO CARES**, you want big Bi's, don't you?? I recommend that you get a mat, especially if you have a crapy floor. Place it at the bottom of a high pulley. On the high pulley you need the short bar attachment. Select the weight, grip the bar and then sit down about 12" from the upright (this will vary depending on your size), now lie down on your back and put your feet up on the upright, knee's will be slightly bent. With your arms straight now curl out a rep, elbows remain pushed into your sides just as if you were doing a barbell curl, the only difference is you lying down. When you reach the peak contraction again squeeze with all of your might, hold it for 5 seconds and then lower. Do 12-15 reps till failure, for 5 sets. The great thing about this exercise is you have to fight against gravity to hold that peak. People will look, people will stare, but it will get you the biceps that you want!!

Take another short rest. You are nearly there!!

#### Phase 4 Hammer Curls



[Hammer Curls](#)

Set a bench so that it inclines to just over 45degree's. It's Hammer time! Sit on the bench and lie back slightly, Now raise both the weights so that they are at peak contraction. I want you to begin the movement in a state of peak contraction rather than starting with the weights hanging to the sides. Now perform 8 alternating reps per arm for 5 sets. You'll probably need about a 90 second to 2 minutes rest between sets.

note: this will build mass on the brachioradialis, hence giving your arms a 3d appearance.

#### Phase 5 - Keep That Pump

Finally, just to ensure that you maintain that pump long enough to get to the locker rooms, grab a barbell as you did at the beginning and rep out 3 sets of 20 again. "OH the PAIN, the BURN, OUCH" Shut up you WIMP Pain is weakness leaving the body!!! note: This final blood pump will assist in the recover process, by bringing vital nutrients to your arms.

### Summary

#### Week's 1+2, 5+6

3x15 Alternative Curls (warm-up)

5xDropset EZ Bar

5x15 Double Standing Cable Curls – Holding Peak Contraction

3x21 Cable 21's

#### Week's 3+4, 7+8

3x20 Weightless Barbell Curls

5x8 Concentration Curls – Forced Negative

5x15 Lying Cable Curls – Holding Peak Contraction

5x8 Hammer Curls – Starting with weight Up not down

3x20 Weightless Barbell Curls

### **Conclusion**

If follow this program for 8 weeks, once a week and dedicate an entire workout to it you will blow any plateau out of the water! If you have any questions, you can find me on the boards most days or mail me.

Enjoy your gains

Animal