

Anabolic Drive Series: The Brachii Triarticulate, Brachialis, and Brachioradialis:

Workouts and Subsequent Divisions for Anabolic Drive Program



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Abstract

Using the skeleton framework, the following workouts will be adhered to for maximal results of the programs design.

Workout A, Part one:

1. Cambered bar [Preacher Curls](#) supersetted with Standing Cambered Bar Curls (4 sets; 10-12 reps):

Select a weight that allows you to achieve 10-12 repetitions. Upon failure, drag the bar up the preacher pad and continue curling. After succession of the last rep, hold the bar statically in the contracted position for 10-30 seconds.

2. Seated High Cable Pulley Curls (4 sets; 8-9 reps):

Attach two handles between two low cable pulleys. Station a seat between the pulleys. Take a cable in each hand and execute a double bicep curl.

The medial biceps will be targeted with this exercise. As mentioned in the elbow analysis article, supination brings the medial head into strong contraction.

To bring this aspect of the biceps into play, supination will be utilized throughout the set. As you supinate, squeeze the biceps hard, achieving a peak contraction under tension. When failure is reached, begin using the partial rep technique. Keep the in a constant supinated state and execute mini-reps to utter failure through the last two inches of the range of motion.

3. [Standing Concentration Curls](#) (4 sets; 8-12 reps)

With a dumbbell in hand, bend over at the waist. Allow the working arm to free hang with the dumbbell in hand. The non-working hand should be used to stabilize the body, by holding onto a pole of a military press or smith machine station.

Curl the weight in from the hanging state, to the opposite shoulder, squeezing the bicep hard throughout the motion. Similar to a concentration curl, this movement requires strict form and flawless execution. Hold the last rep statically to fatigue.

Workout A, Part Two:

1. Incline [Alternating Hammer Curls](#) (4 sets; 7-9 reps)

The implementation of this exercise will be the same as with the standing version. Do this variation on an incline bench, for swollen outer biceps and forearms.

Workout A, Part Three:

1. [Lying Cable Curls](#) supersetted with Lying Cable [Drag Curls](#) (4 sets; 10-12 reps for the standard curls, failure with the drag curls)

Perform the lying cable curls to exhaustion. With the bar still in hand, perform drag curls with the bar. This movement takes place wholly at the elbows. This superset will exhaust the biceps from the top to bottom.

2. [Incline Dumbbell Curls](#) with a Twist (4 sets; 6-10 reps)

When your arms are in the incline positioned, the biceps are more heavily stretched. A torqued twisting motion at the start of this movement will enhance this natural stretch.

As your arms are dangling, twist the weight as far to the right as you can and then as far back to the left as you can. Immediately after this twist, curl the weight up, supinating the dumbbell as you curl.

Upon failure, continue the set by performing alternating reps. After failure of traditional alternating reps, utilize the [Rest Pause Insanity](#) technique to squeeze out three extra alternating reps for both arms.

Workout A, Part Four:

1. [Alternate Dumbbell Curls](#) (3 sets; 6-10 reps)

Cheating curls are allowed, to fulfill the required repetition range.

Workout B, Part One:

1. [Dumbbell Curls](#) Jump Sets (6 sets)

Both the Ascending and Descending shocking principles will be incorporated in exercise one (See: [Descending Sets for a Super Shock](#) and [Use Ascending Sets to Pack on new and thick layers of muscle mass!!!](#)) when combined I call this shock, Jump Setting.

These six sets will encompass pyramiding up and then back down the dumbbell rack.

The following blitz is going to attack the entire bicep and forearm muscle locality in an unorthodox manner.

Begin by picking a really lightweight that you can easily perform 20 reps for. Let's say for our example that is 25 lb dumbbells.

Perform 25 reps and set the dumbbells down. Now jump 10 lbs, and perform 20 reps with the 35 lb weights. Next, jump 10 more lbs. grab the 45's and perform 15 reps. After that bump up 10 lbs grab the 55's and execute 10 reps. Ok, the easy part is over! The key is to continue jumping in weight by 10's. In other words after each mini-set you will increase the dumbbell weight by 10 lbs.

After you pyramid to the point that you are at a weight that is causing your to fail at 10 reps (remember there is NO rest between these initial jumps!), continue increasing the dumbbells by 10, but from this point on your can induce failure between 2-9 reps.

Continue in this manner until you have reached a point where you can no longer perform at least two reps, or you max out the dumbbells your gym has to offer! Oh, one last note you can rest pause after you've pyramided past the 10-rep mark.

This is the half way mark. Now descend all the way back to the 25 lb weights (or whatever weights you began with). Stick to a rep range of 2-9 again, rest-pausing as much as needed on the way back down.

To summarize:

- Follow an ascending pyramid rep scheme of 25-20-15-10.
- Continue ascending in 10 lb. increments failing between 2-9 reps. Use rest-pause and alternating reps as needed.
- Once maximum ascension is achieved, begin descending in weight, failing between 2-9 reps, using rest-pause as needed.

Even though we are performing an extreme volume of reps, there is one thought you need to stay focused on throughout the entirety of the set....



Elevation!

Get those arms up and contract the biceps! It's going to be challenging keeping your mind focused on that as you progress through this ascending/descending nightmare, but that is the only thought you have to keep on your mind. The rest of your energy needs to be focused on the "do or die" mentality.

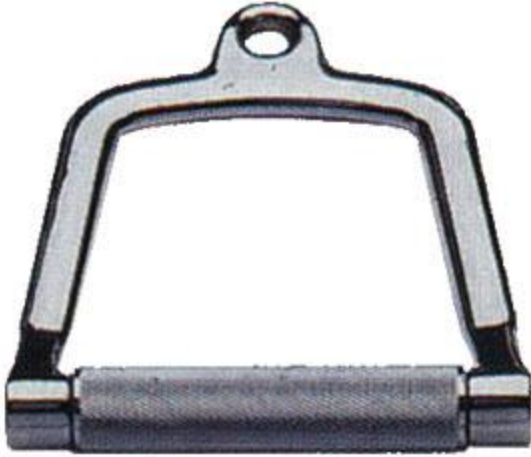
It seems like a lot, but once you get the set going it really flies. This workout is fast, but to get the most out of it you really need to stay focused on elevation. Hyperplasia is not easy to induce. It thrives in the realm of radical. Treat this monster set as such and you'll split fibers.

2. [Double Negatives Machine Curls](#) (3 sets)

The biceps are going to be fully inflamed with blood after the previous six brutal sets. We will now implore the S/NS (See: [Battering Ram](#)) principle to continue the blood-engorged state.

Continue administering the pain with the double negative technique (See: [How To Shock Your Body Out Of The Comfort Zone Part One](#)) at the machine curling station. The key to making the most of this technique is emphasizing the negative portion of the range of motion.

In this particular variation of the machine curl, attach two separate single-handed attachments to a low cable.



This narrow grip will place more emphasis on the outer biceps. Moreover, this will make executing the double negative technique much smoother.

Curl the weight up using both hands, and then on the downward motion allow only one arm to take the brunt of the negative resistance.

Workout B, Part Two:

1. [Reverse Barbell Curls](#) (4 sets; 8-12 reps)

These will be performed to failure following this week's back routine. Mental emphasis should be placed on using the biceps to lift the barbell, as opposed to the forearms.

Workout B, Part Three:

1. Concentric Power-rack Rest-pause Partial Rep 21's [Barbell Curls](#) (4 sets; 12-15 reps)

Concentric Rest-Pause Power-rack training is an excellent way to increase an exercises positive range of motion explosiveness and power.

- Set the power rack safety bars just out of reach of the barbell from the bottom of your range of motion.
- Explode up on the concentric portion of the movement and proceed with the same speed on the eccentric portion of the movement as you did with the concentric portion of the range of motion.

In other words, if it took me one second to perform the positive portion of the movement, it should only take me one second to perform the negative portion as well (as opposed to the typical 2 seconds that is generally taken). However, the weight is always under control. We are emphasizing the concentric, but don't get sloppy on the eccentric. That can promote injury.



Of course the advantage with this principle is using heavier weights for more reps and longer durations!

(See: [Shock Yourself Out Of The Comfort Zone 3](#) for a thorough description of this technique)

To explain this exercise, let's turn to an expert from "*Shock Yourself Part 3*":

Partial Reps- You can use this principle to attack particular areas of a range of motion of an exercise. For example if you are having problems with the bottom portion of a standing shoulder press apply this shock to the partial reps principle. Set the safety racks at the bottom of the range of motion of your standing shoulder press. As you begin the exercise, push off the power rack and perform a partial rep, stopping about half way up through the full range of motion. Now come back down, rest-pause on the safety rack, and press up again! This is a superb means of conquering concentric weak points and increasing explosiveness in a range of motion of any given exercise. One excellent exercise for partial-rep power rack rest-pause concentric training is the barbell curl. Let's say for example, the top of the range of motion is your problem area in this exercise. I would have you adjust the power rack safety bars to the mid point of the range of motion for a standard barbell curl. Now curl the weight off the power-rack and complete the half-rep, accenting the concentric aspect of the lift, and then lowering the barbell back down on the safety-rack. Rest-pause and proceed again, gradually increasing the time of the rest-pause from one to two seconds until total failure occurs. You can also use the partial-reps principle here to bust plateaus in strength as well! Let me explain using the above barbell curl example. In the above sample, we focused on the upper portion of the range of motion. I would recommend two sets in the same manner for the top of the range of motion. Next we would want to focus on the lower portion of the barbell curl. Simply adjust the power-rack so that it is just out of reach of the bottom of the range of motion. Now use the principle to rest-pause out concentric partial reps focusing on the bottom of the range of motion! By centering on both parts of the barbell curls range of motion, you will gradually be able to add more weight to your normal barbell curls, and bust through plateaus like never before! Can it get more hardcore Old School?

Oh ye of little faith! Now that you have decimated the upper and lower portions of the barbell curls range of motion, strip some of the weight off, and perform 7 complete reps! Seven reps? That seems familiar? It should! I call this (get ready) Concentric Power-rack rest-pause partial rep 21's! In other words get 7 concentric rest-pause reps at the top of the range of motion, 7 at the bottom,

then strip some weight, and do 7 regular barbell curls! Talk about a pump! You'll love that one!

2. Static Barbell Hold (4 sets)

Again we will be using the power rack for this exercise (See: [Shock Yourself Out Of The Comfort Zone 3](#) and [Use Static Contraction To Make Your Biceps Peak Higher, Shoulders Widen and Quads Separate!](#) for more details on this method). Adjust the safety bar to where the barbell is just below the mid-range of the barbell curl motion. Overload the barbell with approximately 20-40% more weight than your current 1 RPM on the barbell curl.

Bend slightly at the knees and grab the barbell just as though you were in the middle of the barbell curl's range of motion, tucking your elbows tight into your sides. Now lift yourself up into an erect position with the barbell held statically in the middle of the plane of motion of the barbell curl.

Hold the barbell in this position to failure.



Upon failure, squat down with the barbell held statically, and rest it back on the safety rack (recommend using a back support belt to prevent injury).

3. Single Handed [Cable Curls With Preacher Bench](#) (4 sets; 12-15 reps)

In the previous two exercises, we have emphasized both the concentric and static aspects of the curling motion. In this last exercise the negative phase will come heavily into play. Use the single-handed pulley attachment and link it to the bottom hook of a cable station.

Upon fatigue within the recommended repetition range, continue the set on by using the resting arm to aid in the concentric portion of the movement. After reaching the maximal concentric phase of the cable preacher curl, remove the aiding arm and allow the working arm to resist the negative. Continue in this manner for 3-5 pure negative reps.

Workout B, Part Four:

1. [Seated Dumbbell Concentration Curls](#) (3 sets; 12-15 reps)

Work both arms, for three sets each. Keep concentration focused on the form of this exercise. It is easy to lose the proper stress this exercise demand. Curl the weight to the shoulder, not the chest. Also keep the biceps tense and flexed hard throughout the duration of each set.

Workout C, Part One:

1. Dumbbell Preacher [Spider Curls](#) (4 sets; 10-12 reps)

Here the vertical side of the preacher curl station will be utilized. Take a dumbbell in each hand and drape them over the vertical side of the preacher bench. Keep the triceps flat against the pad and curl the weight up. As you curl up, move the weight in such a manner that you are curling the weight out away from you then pulling it in. However while the motion demands this wide long arcing motion, the arms should stay planted on the preacher pad.

Once fatigue is achieved with the spider curls, drag the dumbbells up the pad and flow directly into alternating dumbbell curls. Continuing in the alternating pattern until total failure.

2. [Straight Bar Cable Curls](#) (4 sets; 6-9 reps)

Heavy and brutal are the keys to these next four sets. Aim for failure in the six-rep range. From this point use rest-pause to blast through an additional 2-3 reps.

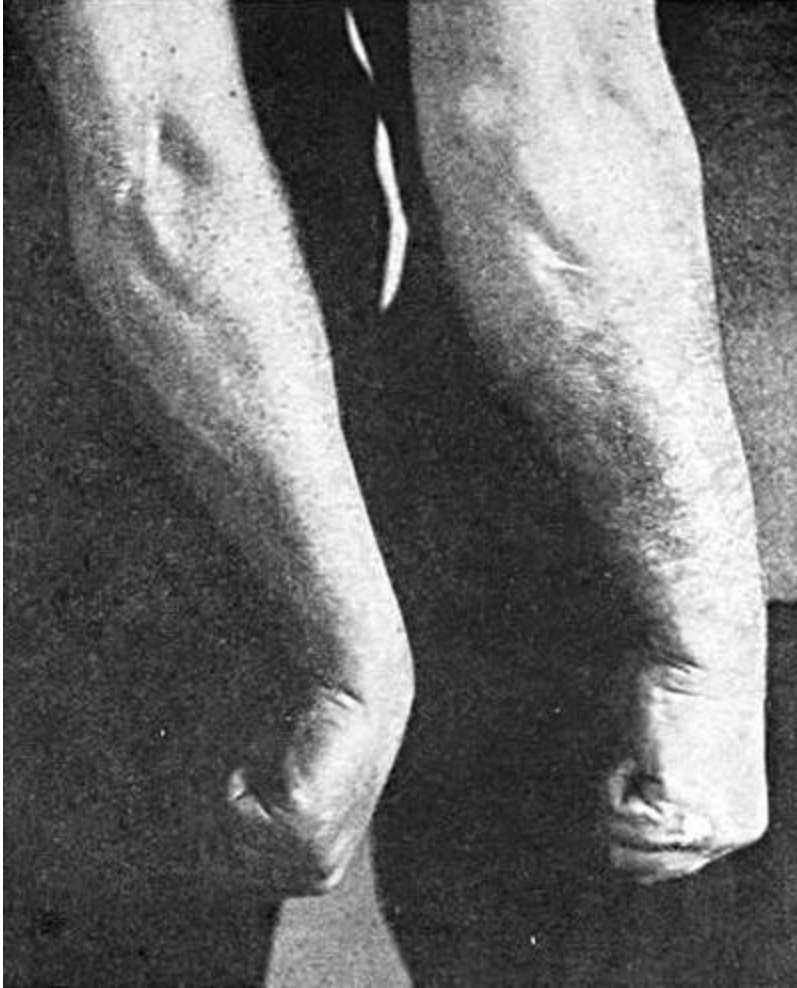
3. [Incline Bench Barbell Curls](#) (4 sets; 8-10 reps)

A short bar typically works best for this exercise. The stress on the lower biceps is truly staggering. After failure, sit up with the bar, curl the weight up, lie back down on the incline bench and allow yourself to take the negative range of motion of the incline bench barbell curl.

Workout C, Part Two:

1. [Zottman Curls](#) (4 sets)

The Zottman curl will single handedly dismantle any remaining stubborn bicep muscle fibers concluding your back workout. Targeting the biceps, brachialis and brachioradialis in an uncanny way, this movement should be wielded in a manner worthy of its inventor George Zottman.



The forearm of George Zottman compared to that of the average man

No arbitrary rep count will be given, but rather keep going until you simply cannot complete another rep, then continue alternate style until the pain becomes unbearable.

Workout C, Part Three:

1. [Incline Spider Barbell Curls](#) Supersetted with [Incline Dumbbell Curls](#) (4 sets)

Mimicking the spider curl motion, the incline face forward barbell curl will rip the lower biceps out of their insertion origins. Curl through the pain to exhaustion. Set the bar down after failure, and turn around on the bench. Grab two dumbbells and keep the set going with incline dumbbell curls. Keep the set going with alternating repetitions to complete collapse.

1. Cable [Concentration Curls](#)(4 sets; 10-15 reps)

The motion of this exercise will mimic that of the standing concentration curl, however the low pulley cable station will be utilized. With each rep, hold the top of

the motion statically for a 5 count, and concentrate on feeling the weight pull on the bicep as the load is lowered over the negative portion of the range of motion. After collapse of concentric power, use the resting arm to aid the working arm over the fatigued portion of the plane of motion.



2. [Barbell Curls](#) supersetted with static [Lying High Pulley Cable Curl](#)

To explain the logic of this superset, we will turn to [How to Shock Your Body Out of the Comfort Zone Part One](#):

This is without a doubt one of my favorite ways for adding peak to any muscle on your body. By peak I simply mean the point in which a muscle is at its most contracted position. This technique will also give the kind of burn that will take you to the threshold of your pain tolerance! When you use this technique you will stimulate your muscles in a way they have never felt before! By improving the peak of a muscle you can create the illusion of more size and make the muscle much more detailed.

This technique involves super setting one exercise with another. The difference is that for the second exercise you don't actually perform any reps, you just hold the second exercise in a static state. However, just like supersets I suggest performing the static rep immediately after the exercise, to keep the blood flowing.

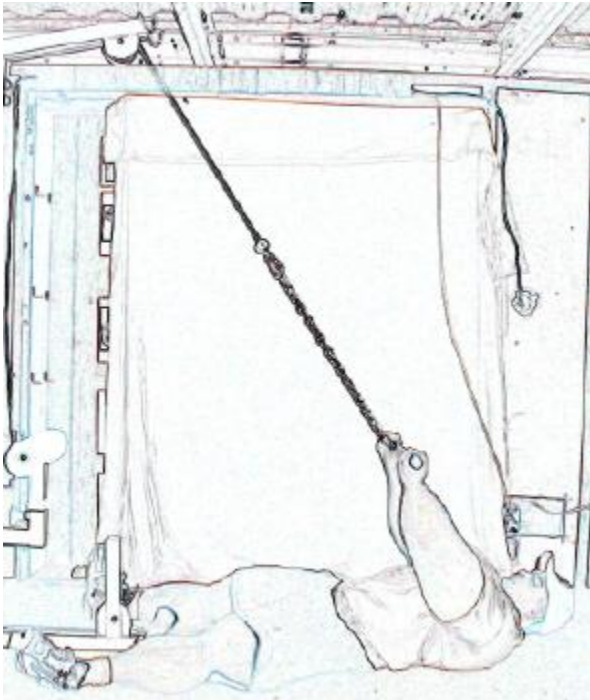
Since these are essentially supersets, you can apply the superset formula principals again. I would suggest breaking them up like this:

- 1). *Mass exercises supersetted with a static mass rep*

- 2). *Mass exercises supersetted with a static isolation rep*
- 3). *Isolation exercises supersetted with a static mass rep*
- 4). *Isolation exercises supersetted with a static isolation rep*

In this instance the barbell curl will be used to rigorously sabotage the entire bicep complex. Heavy weight will be used during this movement.

After completing a set of barbell curls in the rep range of 4-6 reps, go directly to a cable station and perform one lying high pulley cable curl.



This single rep will be held to complete static failure. This should encompass holding the load statically for thirty count. Moreover, the thirty count mark does not begin until the pull of the weight begins causes a burning sensation in the biceps. You may perform this movement on a bench, if extra chain is not available to cause the cable to reach the floor.

Workout C, Part Four:

1. [Standing Wall Curls](#) (3 sets; 6-10 reps)

Often the back compensates the load of the barbell curl; the standing wall barbell curl will more effectively target the bicep by reducing the amount of work the back will bear.

You may find that you will have to use a significant less amount of weight for this movement compared to standard barbell curls. A cambered bar may be used in place of a barbell for this exercise if so desired.

Workout D, Part One:

1. [Seated " Cable " Concentration Curls](#) supersetted with Short [Chin-Ups](#) (4 sets)

Begin with some light seated cable concentration curls. The key is not to go heavy and to fatigue, but rather to make use of the [Pre-Exhaustion Principle](#).

Achieve 12-15 medium intensity reps, and go immediately to a chin-up station. From there, perform chin-ups to failure. The difference will be in the range of motion. To better target the bicep peak, only descend on the negative portion of this exercise approximately four to five inches. Then, pull your body back up to the bar with the strength of your biceps alone, squeezing hard at the top of each rep. After fatigue is achieved, execute three to five cheat reps, using a block to push yourself back up the top of the range of motion. Set a bench, or block under the pull-up bar. Position it so that you can push your body up with your leg. The idea is that after failure, you can use your leg to push your body up to the bar, and effectively cheat on the positive portion of the chin-up. However, to make this technique useful at all, this means extra emphasis on the negative (lowering) portion of the exercise. Following the cheating portion of this exercise, drop down and immediately flex for 30 seconds.

2. Machine Curling station, utilizing the 60-second protocol (3 sets)

(See: [Count To 60 seconds And Grow Man Grow](#))

Proceeding exercise one, the biceps stabilizers will be thoroughly fatigued. However, we need to continue crushing deep stubborn muscle fibers. I am convinced the way to do this is through the S/NS principle. Explained in [Battering Ram Pectoral Guideline](#) the concept is simply yet effective.

Stabilizer muscles are used in balancing free-weight exercises.

They are essentially responsible for coordination during a free-weight exercise, particularly during exercises like squats, dead lifts, and presses.

They help keep the bones and joints in a secure position while the prime moving muscles extend and flex the body area being trained. The stabilizer muscles help align and maintain joint integrity consistently through the normal range of motion as well as providing balance to the athlete during the lift.

After any heavy free-weight movement, the stabilizer muscles are very fatigued and continuing with another free weight movement can hinder the amount of weight you would be able to use. It's our goal to go as heavy as humanly possible for this series, so for our purposes of inducing hypertrophy in the pectoral region this approach will hinder our progress. So...

For this series we will start with a free-weight exercise, and follow that with a machine or cable exercise. This will allow us to go heavy and stay heavy throughout the entire workout! If you've never tried this shocking method you'll be pleasantly surprised how much heavier you can go through your entire workout with this approach.

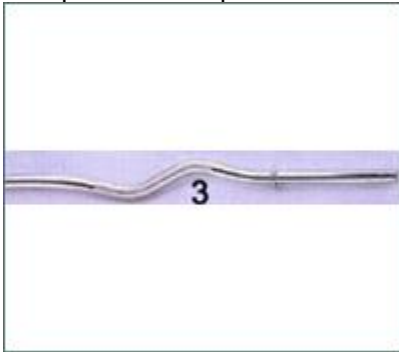
Perform three sets with the first set achieving failure around 60 seconds, the second around fifty, and the third approximately 40 seconds. The set must continue even if that involves drop sets, partial reps, and static reps. No matter the cost, be sure to keep the set going through the allotted time frame.

3. Outer Grip Cambered Bar Curls (4 sets; 8-12 reps)



For the final exercise load an EZ curl bar with a medium weight.

Grasp the outer portion of the bar, just outside where the bar is typically grabbed.



The hand will be placed just to the right side of where the numeral three is labeled in the above figure. This will place the wrists in a static supinated position. Coupled with the outer grip, the stress of the load will tax the inner biceps.

Workout D, Part Two:

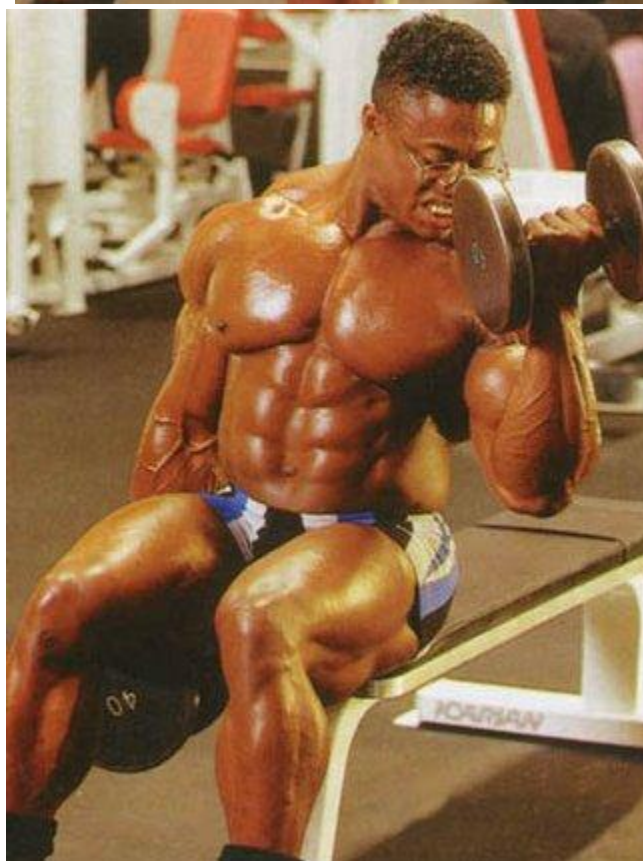
1. Alternating Cross Body Hammer Curls (4 sets; 6-10 reps)



Begin with the dumbbell resting at your side in a neutral position. Without twisting your arm, curl the dumbbell up towards the opposite shoulder. Go to the height of your range of motion, attempting to touch your shoulder, then lower the dumbbell along the same path.

Workout D, Part Three:

1. Alternating [Seated Dumbbell Curls](#) supersetted with [Cheating Alternating Dumbbell Curls](#) (4 sets)



The seated dumbbell curl will restrict the back and legs from being able to compensate the load being curled. Continue the seated dumbbell curls to collapse, then immediately stand up and continue the set with standing alternating dumbbell curls, cheating as needed to keep the set going beyond failure. You will find standing will allow you to force out more reps, although the pump in your biceps will be mind numbing.

2. [Incline Face Forward Cable Curls](#) (4 sets; 12-15 reps)

The bicep insertions will be strained hard here, allowing for enhanced sarcoma development in the lower bicep region. However, I typically adhere to less weight and longer tension times with such like "preacher-type" exercises for safety reasons.

Moreover, for health measures, I do not recommend going to full lock out at the bottom of the range of motion, which places high levels of stress on the bicep and shoulder tendons. Bicep tendonitis is very commonplace in bodybuilding, and more likely to develop with prioritization/high volume programs such as this one. Train hard, but train smart! If you have a spotter, have them not only hand you the bar on this exercise, but also take the bar out of your hand after you complete this exercise.

3. "Glove" Curls

The concept behind this exercise is simple, yet deadly. First select the plate weight you would like to use. Next, grab the plate in the middle hole where a barbell would be inserted. Put your four digits in the hole and grasp the plate.



From there curl the weight in typical fashion. The great thing about this exercise is that the weight is distributed on your arm very naturally. You have essentially increased the size of your hand, and the load feels more like a weighted glove.

This type of movement will feel much different than a standard dumbbell curl, as the weight is distributed more evenly on your arm. Also the thumb will not be able to curl around the plate as it can around a bar, adding an additional shocking factor.

Curl to utter failure. I typically use the 60-70 second method, for what seems like an infinite amount of sets, effectively working to increase mitochondrial density. Other excellent "glove" exercises include overhead triceps extensions(which could be supersetted with the "glove" curls) and lateral raises.

No set number or rep number is given. I suggest continuing this exercise, until your biceps are completely taxed and every muscle fiber has been exhausted.

Workout D, Part Four:

Drop Static [Dumbbell Curls](#) (3 sets)

This shock is explained in the "Shock Series",

Drop-level static negatives incorporate the beauty of negatives and the intensity of static reps. When using this shock you will be over-emphasizing the negative, which as you know, educes serious muscle growth. And simultaneously applying the static rep theory in a unique way.

To explain the concept behind this let's use the infamous barbell curl. No one can dispute the exercises' ability to add heaps of muscle to the bicep region.

You would begin your reps just like normal for the concentric, or positive, portion of the lift. The negative portion is what we are interested in.

As you go through the range of motion for the negative you will statically hold the barbell at different levels as you lower the bar.

Remember for static holds you have to squeeze the muscle hard and really emphasize holding it in its place. I like to think of my muscles as cornerstones to a bridge! Unmovable!

So, on the negative portion of the lift I would go down ¼ of the way down, hold the barbell statically and proceed with the negative again, go another ¼ of the way through the range of motion and hold the barbell in a static state. Again I would go through another ¼ of the way through the motion and hold the barbell statically. Finally, I would hold the barbell just short of lock out and hold the barbell in a static manner until failure.

I tend to hold each level drop for 2-5 seconds, and then slowly descend until I get to the next drop level.

You can divide up how many levels you want to statically hold depending on the intensity you want to give the exercise or if there is a specific area you want to develop. I would say to go for a minimum of two levels and a maximum of six.

Utilize this shock in the described manner for the PM sessions of your workouts.

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