

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

Researched and Composed by Adam "Old School" Knowlden

### **Abstract**

The successive categories will play an intricate role in achieving maximum results from this training curriculum. Sub-topics include bicep anatomy, factors of motivation, split protocols, nutritional aspects of the program, special rituals, and program design.

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### **Anatomy:**

Jacob Wilson has covered the anatomy of the bicep region extensively in the following informational articles:

[An Unmatched Analysis of The Elbow Joint Part I](#)

[An Unmatched Analysis of The Elbow Joint Part II](#)

[Mobility Training and the Application of Proper Warm-Up for Bodybuilders](#)

Key terminology and anatomical concepts discussed in these articles can be studied more extensively in the preceding journal entries.

### **Motivation:**



Intensity must be at its uttermost peak throughout the duration of this series if optimal results are to be achieved. By the end of this series, you, the athlete, will be exhausted merely thinking about working your biceps. But this is the time when you have to roll up your sleeves and really dig in. This series is going to try your faith and test your will power.

A resistance-training program can be described by many variables, with training intensity and volume being the principal constants. The routines described in this program will make the utmost of training intensity, training volume, and other dynamic activities that can be manipulated to specifically optimize hypertrophy and hyperplasia for the athlete.

Training volume is the total work performed within a specified time. It can be determined precisely by calculating the work done in joules (i.e., force  $\times$  distance), but total repetitions and volume load (or total load) are simple estimations for training volume that are used more commonly: (a) total repetitions = sets  $\times$  repetitions; (b) volume load = sets  $\times$  repetitions  $\times$  weight used.

As with intensity, training volume is an important stimulus for strength gains.

[X-Ray Vision Part II](#)

[So You Want To Be Freaky?](#)

[Hippocrates - Was He Hardcore?](#)

### **Safety and Injury Prevention:**

Train hard, but train smart. This is an advanced program for advanced lifters. If you are a beginning bodybuilder I do not recommend this program.

Secondly, this program is going to be taxing your entire body. It is key that proper workout, nutritional, and rest procedures are adhered to.

Work with proper form and safety in mind. Failing to do so, with sloppy cheating, loose form, and full-blown stupidity in the gym will most definitely lead to injury at some time in your bodybuilding career. Include proper warm-up and stretching as defined in JHR's repertoire of injury-prevention journal entries.

(See: [Mobility Training and the Application of Proper Warm-Up for Bodybuilders](#) and [An Investigation of the Psychophysiological Mechanisms of Sport Injury](#))

Regarding nutrition, do not slack in this area on this curriculum. If you are not precisely adhering to the post workout elixir explained [HERE](#) and [HERE](#), you are committing muscular suicide. Do not compromise one millimeter in this area. Doing so will not yield 100% results this program potentially will offer you.

Significant sleep patterns, although often the chief area of slack for most bodybuilders, is absolutely vital for the success of this program.

### **Split Protocol:**

The biceps will be trained six times per week, encompassing three training days. Routines will be broken down into AM and PM sessions. If you are unable to attend the gym two times per day, it is recommended that you create a small home gym. Purchase a barbell, extra weights, and an array of dumbbells. The alternate session of the day will include only these two pieces of equipment.

One of the biceps sessions will be trained with triceps, and one session will be trained after back. The other session can be executed at the trainee's discretion, but should adhere to the [Priority Training Principle](#). In this instance the biceps should be trained first in the workout.

Each workout will be broken down as follows:

*Sample Workout X:*

- Part One- Executed on a day when the biceps are trained by themselves
- Part Two- Executed before the completion of a successful back routine
- Part Three- Executed on Arm Day. The exercises listed in Part Three are to be done either in-between or after triceps exercises. See: [Static Strips and Opposite Body part Supersetting](#)

- Part Four- Done in the "PM" session after each bicep training day.

*Sample routine:*

- Sun- AM- Biceps **(Part one)**, Abs, Cardio, PM- Biceps **(Part 4)**
- Mon- AM- Chest, PM- Deltoids
- Tue- AM- Back, biceps, forearms **(Part two)**, PM- Biceps **(Part 4)**
- Wed- Thighs, Calves, PM- Calves
- Thur- AM- Biceps, Triceps **(Part three)**, PM- Biceps **(Part 4)**
- Fri- AM-Abs, PM-Cardio
- Sat- Rest day

*(Note: It is not necessary to execute your main routine in the AM time frame. Execute the chief portion of the program during your regularly scheduled daily training time whether it is AM or PM-see: [Diurnal](#))*

Volume and intensity correlate to one another. High volume in regard to exact *set number* is an often-disputed number that you will hardly get anyone to agree upon. So the word, "high volume" is somewhat relative.

However, research shows what is conventionally considered "higher volume", is very beneficial to the advanced athlete in regards to both anabolic and hypertrophic characteristics. As such this concept of high force coupled with high quantity will be maximized in this cycle of sessions.

Periodization is the key to consistent gains. Periodization is a planned variation of acute program variables that have been shown to be more effective in eliciting strength and body mass improvements than non-periodized programs.

Applying the concept of Periodization through the mediums of AM/PM training (see: [Hardcore.](#)), high intensity, and extreme volume will unleash new realms of hypertrophy and hyperplasia through the span of these routines.

[Muscle Mind Doctrine - Theoretical Concepts of Strategization](#)

### **Workout Regimen:**

The extent of this program will encompass a 60-day period. The succession of the program will include seven to ten days rest. The program may then be repeated if so desired by the bodybuilder.

Each workout session will include both the AM and PM session. As mentioned earlier, the AM and PM session workouts are interchangeable. However, the higher volume workout (which will be labeled workout A in the training guide) should be done

during the time of day in which the athlete typically does the bulk of their routine. The lower volume workout will be done at the opposite time of day.

### **Nutrition and Rest:**

Nutrition during this course must be taken just as seriously as the workouts themselves.

It is recommended that this program be taken up during a mass building, or bulk, phase to ensure peak levels of energy and to provide the body constant anabolic energy.

Excellent sample diet, taken from [Cliff Hanger Part II](#)

7:00 - Wake Up - Meal One - Small Whey Protein Shake, 10 grams of glutamine, Vitamins, Slow Burning Protein Source Such as Cottage Cheese, and Large Bowl of Oatmeal. Two glasses of water

8:30 Branched Chain Amino Acids and Water

9:00 Workout

10:00 to 10:30 When Workout is complete, consume part I of post workout meal - described by clicking her, followed by a trip to the hot tub, or a hot shower

10:30 to 11:30 consume part II of post workout meal, again described in the link above



12:30 - lean meat sandwich, with ice water

1:00 - Nap

3:00 - Slow Burning Meal, such as consumed for breakfast

5:00 - Repeat

6:30 - BCAAs, followed by a mind muscle connection period. I.E. envisioning your workout before hand, and what it will accomplish

7:00 - Train

8:00 to 8:30 - Smaller Post Workout Meal, for latter hours, as described in Old Schools Article

10:30 - small protein shake, with salad, a slow burning carb, like a sweet potato and some brown rice, with very lean steak

11:00 - Sleep

3:00 - Go To Bathroom, before going to bed, mix Old Schools sleep stack, which can be found by clicking here. Keep it cool, and set it next to your bed. Drink and fall back to sleep

Begin again the next day

If you have work or school, meals will be replaced by portable lunch meals. Workouts can be switched to the afternoon, or can be done earlier before work, and after work.

Concerning sleep and optimal training times refer to:

[Diurnal](#) and the links contained in the journal entry.

### **Special Rituals:**

Two separate "*rites*" will be performed every day during the course of this program.

Both of these practices are to be done even on rest days and days in which biceps are not being trained.

**Posing Routines:** Two, ten-minute bicep posing sessions. On non-bicep training days one posing session should be performed in the AM and one in the PM. On bicep training days, perform a posing sessions directly after each training session.

These posing sessions should be given high priority. Work on literally creating strong psychological connections to your biceps. Use this time to increase your mind-to-muscle link. By doing so you will actually achieve greater workouts through increased code rating and neural connections per posing rehearsal.



### **Measurement Recording:**

Meticulous empirical record keeping kept during both bulk and cutting cycles is an excellent way to track the success of a given program as well as provide the satisfaction of a completed goal. Throughout this series measure the girth of the bicep at the completing of each session as well as keeping track of the size of the biceps before starting this program, and then afterwards. Take the measurement directly after the workout, and measure around the bicep at the peak. Track the number of inches in a journal.

### **Training with a Partner:**

The workouts in this program are designed that one can do the workouts on their own, however if a partner is available you can incorporate partner assisting techniques, such as static pyramiding, forced reps, "you-go, I-go", and other such like performance enhancing tactics.

### **Physique Meditation:**

Each night before sleep, or before any afternoon power napping, the bodybuilder will envision himself or herself posing in front of a mirror.

### **[Monumental Masterpiece - Creating A Cerebral Portrait](#)**

In preparation of this state, the environment should include a very dark room, and light, soft music playing in the background. Perhaps gentle classical music or nature albums that include outdoor or seashore sounds. Whatever the choice of background noise, it must not be loud or too complex such as containing words or upbeat melodies.

The bodybuilder will clear their mind and breath calmly while lying flat on a bed or comfortable surface.

In the mind's eye, the bodybuilder will see himself or herself posing in front of a mirror.



Perhaps doing the same posing routine performed early that same day. However the athlete will now visualize their biceps, not as the currently are, but as they will appear by the end of this series...larger, fuller and more defined. Stay focused and do not allow your mind to drift to other thoughts such as tasks to be completed the next day.

During this time of meditation, study the biceps in your mind. Zone in on them and see all areas of the fully formed biceps. See the veins protruding and pulsating...imagine the biceps full of blood and striated.... examining closer, see the lower biceps clearly defined and etched, and the peaks of the biceps as reaching to new heights.

With practice the athlete will soon be able to actually enter stage one of sleep in this sub-conscious state. If possible simply drift into sleep, with these images being the last thing on your mind.

What this practice is not is any type of hypnosis or new age deception.

**“For as he thinks in his heart, so is he...(Proverbs 23:7)”**

*“To think”* in the biblical sense includes using meditation to make an impression on the heart.



To meditate on God's word, means to think upon a portion of scripture that applies to your life over and over until it is deposited in your heart. Once the Word is rooted in the heart, the Word is then spoken with our mouth until it becomes reality. This is the kingdom principle God uses to change us from the inside out.

As bodybuilders we need to meditate on strengthening our mind, body, and spirit. This can be achieved through healthy reflection. Meditating on God's Word applies to our spiritual and soulish aspects of our lives. However, God's principle of meditating to strengthen the spirit is just as applicable to our physical lives!

All of us meditate every day whether we realize it or not. Often though we meditate on vain concepts, such as sinful deeds or negative emotions. Its not a matter of "do we mediate", as we all certainly meditate, it's a matter of redirecting our thought life.

To understand meditation in the sense in which we will use it let us consider a few key definitions taken from Webster's dictionary,

- **Think:** to form or have in the mind, to have as an opinion, to regard as or consider, to reflect on or ponder, to determine by reflecting, to call to mind or remember, to center ones thoughts on or form a mental picture of, to have in the mind engaged in reflection, to consider.
- **Reflect:** to think quietly and calmly
- **Meditate:** to engage in contemplation or reflection, to focus one's thoughts on: reflect or ponder over. To plan or project in the mind.
- **Ponder:** to weigh in the mind, to think about, reflect on, to think about - quietly, soberly and deeply.

The prescribed methodology for daily meditation on our physique, and more specifically the biceps, will be in this manner: Think, Reflect, Meditate and Ponder.

For the body, meditate as described above, using your mind's eye to plant new visions for your physique.

Concerning the soul, or mind, strive to constantly learn new concepts and gain deeper knowledge of issues and concepts that affect your life, or that you feel God is calling you to delve deeper into. One such activity may be reading past features of JHR or studying in school.

Regarding the inner man, soaking up as much of God's Word as we can is the key to spiritually fruitful life. Set aside a private time with God daily in which you study His Word and commune with Him. Also the authors of JHR recommend getting the bible on CD and listening to the Word throughout the day for added insights.



[www.thelightanddarkseries.com](http://www.thelightanddarkseries.com)

I cannot stress enough the importance of balancing all three parts of ourselves. Like God, we are a triune being—spirit, soul, and body. Strive to keep all three areas equally strong.

Often, as bodybuilders, we see ourselves slacking in our diets or workouts, and wonder why this is the case, when deep down a chiseled physique is a true desire of our heart. The reason is a lack of balance in our triune selves. We were created in this manner. Defying our fashioned nature will undoubtedly cause strife and lack of fulfillment within us.

For example, if I only concern myself with physical growth and not soulish or spiritual expansion, I will find myself becoming a slave to my flesh instead of my body wielding to my will. Why is this? The soul controls the imagination. If I fail to keep my imagination and mediating powers up to par, or waste them on a vain sinful thought life, I will have no direction in the gym and have no clear goals. This will cause a lack of motivation. I have found also that I am not as in-tune to my body when I am in this condition, and often encounter an injury.

If I do not keep God's Word first in my life, and keep myself strong spiritually, I will find my body is controlling my life, and I will have essentially turned my physique into an idol. This too will cause a lack of fulfillment as only God can quench our spiritual selves.

Moreover, if I neglect the process of continual learning, I will be limiting myself and stunt my own growth so to speak. This is why JHR covers concepts that take time to understand and learn. We understand how vital it is to keep challenging the mind, as this forces our intellect to grow and expand out of its comfort zone. This then can be reverberated back into the body by conditioning it to force itself to leave its comfort zone and fight through muscular tensile pain.

Literally thousands of illustrations can be given in such like manner. But understand that all three parts of our triune selves sustain and thrive off the other.

Along with the physical aspects of this bicep program, I want you to seriously enter into the soul aspect of this program and meditate on your biceps. If you want to step up on the platform of "advanced bodybuilder" these are the prices you will be willing to pay. And the subsequent rewards will become well worth the discipline and effort.



I have more understanding than all my teachers, for I meditate on your statutes. (Ps 119:99)

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