

8 Weeks To Bigger Forearms

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Introduction

I can spot a bodybuilder immediately just by looking at their forearms. They are the calling card of each participant in this sport. Their condition is a sure sign of how many countless hours they have labored in the gym! Today in your hearing, I will present the ultimate forearm growth enhancer! And with it I will discuss secrets that can bust you out of a biceps plateau faster than you ever thought possible! So take out that notebook, cause class is in session!

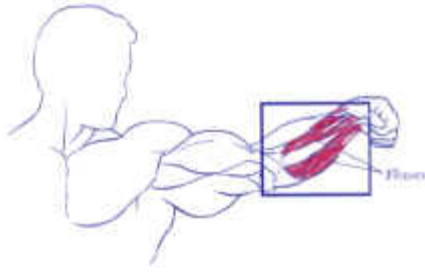
Plan of Attack

Optimal results come from a clear understanding of exactly what your goal is and then finding the quickest way to get there. In this way bodybuilding is similar to other sports, you simply don't walk out onto a football field without a game plan, neither should you walk into the gym without one! With this in mind we will attack the coveted forearm muscles for the next 8 weeks with several advanced techniques. These include incorporating them more throughout your everyday training sessions, understanding their anatomy, and finally using this information to target what is most significant in appearance! I will also break down exactly what you will gain from this program and in fact prove that by concentrating on this small muscle group you will be targeting, quite possibly the most important aspect of your body!

Anatomy Lesson " The Essence of This Program! "

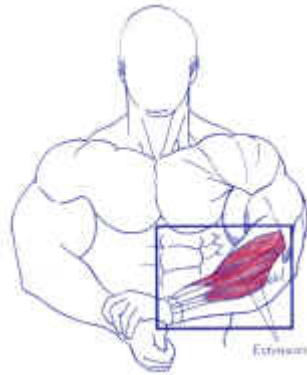
There are more individual muscles in your forearm than in any other large muscle group! However, as vast as this muscle group is, we will focus primarily on the most important aspects of it. When I say important I am referring to the sections of the forearm that create the most dramatic appearance! What you need to understand is that the forearm consists of both flexors and extensors. When the palm is turned up, the forearm flexors are seen; in the palms-down position, the forearm extensors are visible. Both the flexors and the extensors control the hand and some even control lifting the forearm itself(elbow flexion), and in order to develop huge, freaky big forearms, you need to constructively work of these muscle subgroups!

A brief picture of each subgroup of the forearms and how they are recruited



1. Flexors -

The main job of the flexors is to bend your wrist downward, and move your fingers inward. Any exercise that simulates this will induce growth in your forearm flexors. An example of this would be the basic wrist curl, it causes your flexors to have to bring your hand inward while fighting against resistance. You can also see why forearm grip devices work so well, as they force the movement of your fingers inward to be met by resistance.



2. The Extensors -

This muscle subgroups main job is to pull the wrist backward and also control the fingers. An example of this would be the reverse wrist curl in which your extensors must raise your wrist backwards under resistance, thus causing them to adapt to a greater stress.

The Two Aspects of Forearm Training we will concentrate on!

As stated above we must have a game plan when attacking a muscle group. My plan during this 8 week program will be to attack the 2 largest and most dramatic looking forearm muscles in the region. By concentrating specifically on these muscles you will reap the reward of much quicker gains, as far as looks are concerned! And being that looks are everything in our sport I believe that this is justified! These two muscles also go beyond looks, they improve the function of the forearm more dramatically than all the others! You will still work the other forearm muscles, but again the focus are the two I will discuss in the following paragraphs.

A. brachio-radialis



The brachio-radialis is the most prominent of the forearm muscles. When the palm is down, the brachioradialis is the muscle that dramatically pops up and over your elbow joint. It flexes the forearm at the elbow joint and is best trained with the hammer curl, reverse curls and by holding heavy objects or crushing movements such as gripping heavy weights.

top exercises:

1. Hammer curls - The brachio-radialis is best worked in a neutral position. Which means when your palms are neither down or up, but rather in the middle. This makes hammer curls the exercise of choice when working the brachio-radialis.
2. Reverse barbell curls - This would be the second best exercise for this area. It places great stress on it and allows you to work in an excellent range of motion.
3. reverse seated wrist curls - This exercise works the entire extension unit from top to bottom. One of the all time best mass builders due to the extreme range of motion it allows!
4. Gripping Heavy weight stresses the entire forearm complex, with extreme poundages compared to other exercises.

B. Digitorum Superficialis



The second most prominent in appearance is the flexor known as the digitorum superficialis. This makes up much of the mass of your forearm flexors, as you can plainly see by the picture above! With this in mind you can see the importance of understanding its exact function! This muscle moves your hand in and is also responsible for closing your fingers. Therefore the most prominent way to work this muscle group and all flexors would be exercises that strengthen your grip and of course also bring your hand inward.

top exercises:

1. Holding heavy weights - This is of great benefit to the digitorum superficialis, because it places a tremendous amount of stress on your ability to keep your fingers

closed. It also stresses all other flexors. And it will increase your gripping strength, which means that no matter what exercise you do, you can benefit!

2. Behind the back wrist curls - This exercise allows you to directly stimulate all the forearm flexors and is also the heaviest wrist curling exercise available to us. Therefore it will stimulate growth in our larger white fast twitch muscle fibers! (**note:** fast twitch muscle fibers are larger than slow twitch red fibers and are stimulated by heavy or explosive movements)

3. Seated easy curl bar wrist curls - this again isolates the entire flexor region. You cannot go as heavy as you can with behind the back wrist curls but you can get a more fuller range of motion. In turn allowing you to work the muscles closer to your wrists and create a more fluent appearance in your forearms. It will also increase your range of motion and flexibility, all of which cannot be understated!

The brachioradialis fully developed is absolutely awe inspiring as is the digitorum superficialis. Our main concentration will be on these and we will use the exercises above to target them. In addition using all five of the angles listed, you will greatly increase the entire forearm, from top to bottom!

Benefits You Will Receive From This Program!

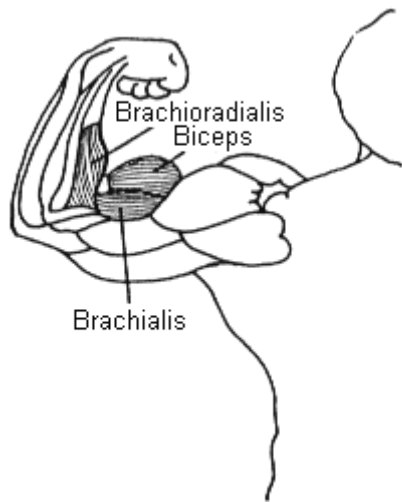
Size Gains

As you can see I'm not playing any games. I am targeting the workhorses of the forearms. The precise areas that have the most potential for growth. Well developed forearms in our sport are invaluable. The reason for this is that absolutely no pose hides them. If they are weak then your whole body can be thrown off while onstage! Absolutely nothing is more intimidating than a pair of huge bowling pin forearms. If you think you are the center of attention now, wait till you fully develop this muscle group. They are essentially impossible to hide and unlike biceps you don't have to roll up your sleeves for people to see them! Forearms are almost always visible. They can be your greatest ally or your most dreadful foe.

Blast Your Biceps Into New Found Growth!

Everyone hits a plateau in arm size, and when this occurs panic sets in with it. When this takes place I recommend taking a look at the basics of this sport. One of these basics has to do with the maximum amount of weight you can lift. For example, lets say your biceps are stuck and wont grow. Perhaps you currently can curl 115 pounds 10 times. If you can increase your strength so that you can lift 135 or even 125 10 you will grow and that is guaranteed! What most people neglect however, are the muscles that support the biceps main function, which is to lift the forearm upward. You see there are certain muscles in your forearms that also contribute to this and by strengthening them, you can dramatically increase the weight that you curl with. One of these muscles which I did not mention above is the brachialis. The responsibility of this muscle is to assist in flexing or lifting the forearm, similar to our bicep's function. By strengthening this muscle you will increase your ability to lift heavy poundages. Like the brachioradialis this muscle is best stimulated when the biceps function is hindered. When this takes place the brachialis is called on to perform more work. Fortunately for you, the two absolute best exercises for this are

the hammer curl and reverse curls! In addition it will add a 3rd dimension to your arms! Here is an illustration of it to clarify my above statements.



As you can also see by the position of the brachioradialis, it also flexes the elbow! Thereby performing the movements I am stressing in this program you will increase your curling strength twofold in one fell swoop!

Improve Every one of Your Lifts!

How many times have you set a weight down due to grip failure, rather than the target muscle group reaching failure? It is the absolute worst feeling in the world in my mind. Your forearms come into play in literally everything you do in the gym. From bent over rows and pull-ups to parallel bar dips. On most exercises it is unacceptable for your grip to give out on you, before your target muscle does. If you train correctly you will develop a vice like grip and tasks you did in the gym before will be a piece of cake in the future. Rather than concentrating on the overwhelming burn in your hands and forearms while performing pull-ups, your full focus will be on your lats. Can you imagine just how much more muscle you will be able to build with this added weapon! In addition I have already covered how increased elbow flexion can improve your curling strength, it can do the same for any other exercise that requires this motion!

Note: I believe that straps should only be incorporated by extremely advanced bodybuilders and even then I would use them sparingly. Try and use your forearms as much as possible, if you are not, you will inevitably slow serious growth in this area! Remember gripping heavy poundages stresses the entire forearm!

I can go on and on about the benefits of forearm training, but suffice it to say, these babies are absolutely vital in our line of business. So now, without further delay here is your **8 week ultimate forearm blitz!**

8 weeks to bigger forearms explained

My goal is to completely destroy both the Brachioradialis and Digitorum Superficialis, while at the same time thoroughly stimulating hypertrophy in the other sections of the forearms. The workout will be sectioned off into two distinct parts.

A. Heavy and Compound Movements: The first half of the workout will use compound movements to blast the specified area. Compound movements incorporate the use of supporting muscle groups. With this in mind you will be able to lift with maximum poundage's, thereby stimulating growth in as many fast twitch fibers as possible.

B. Pure Isolation Movements: The second half will focus on stretching the target area and isolating it to the max. This will allow you to work the forearm subgroup, be it flexor or extensor with 100 percent concentration. Concentration is a vital aspect in this sport as it allows one to hone in on the essence of the exercise. For example on a squat I may lose concentration and reach mental failure before true muscular failure. But on a leg extension machine, I can more easily measure true failure because all I have to concentrate on is the quadriceps. Isolation exercises also allow a fuller range of motion and enable us to get a full stretch at the bottom and a full contraction at the top of the exercise, while purely blasting the "targeted" area.

Shocking Methods Used

1. [Supersets](#) - to target a maximum amount of muscle fibers and flush the designated area with life giving blood.
2. [Peak/Static Contraction](#) - To strengthen and blast the designated area, in the position it is used to its highest potential.
3. [Strip Sets](#) combined with [Isolation training](#) - This will allow us to target a maximum amount of fibers and flush a tremendous amount of blood into either the forearm flexors or the extensors with complete isolation and total concentration.
4. [Partial Repetitions](#) - The use of this shocking method will allow you to thoroughly flush the muscle with blood and stimulate hypertrophy in more muscle fibers.
5. [Isolation Training](#) - See reason above.
6. [Rest Pause Training](#) - One of the best ways known to man to increase both strength and recruit new fibers.

Weeks One and Two

For this time period we will apply the use of heavy compound movements to the brachioradialis and use strict, isolation movements on the Digitorum Superficialis.

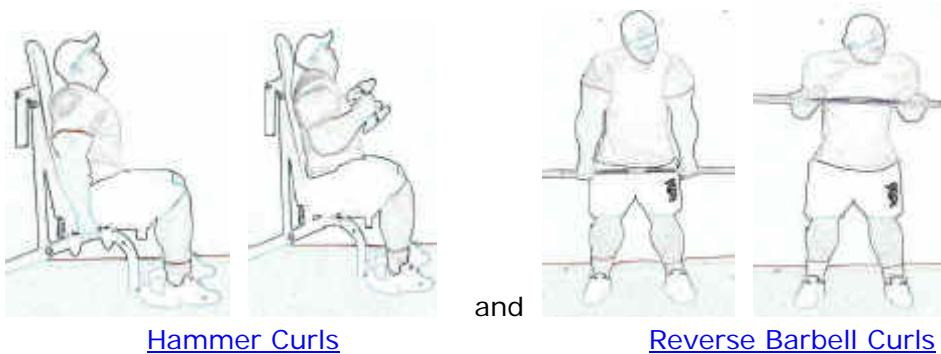
objectives

1. To stimulate maximum hypertrophy in the brachioradialis by flushing the area with blood and targeting as many muscle fibers in the area as is possible.

2. To improve flexibility, room for growth and build the flexors completely from the bottom of your forearm to its ending.
3. To improve your ability to curl by strengthening both the brachioradialis and brachialis.
4. Improve Grip strength and create maximum hypertrophy by utilizing static contraction on hammer curls when they are in their most stressful and beneficial position.

Workout

Phase One



Our mission is to blast the brachioradialis so thoroughly that it won't know what hit it, and will compensate with a growth spurt of unmatched proportions! As stated above this muscle group is best worked with hammer and reverse barbell curls. Therefore we will combine them, one after the other, in one of the best supersets known to man!

Warming up:

Too many people go through the motions on their warm ups. This is a time for you to not only warm and prepare your muscles, but to prepare yourself mentally for the task at hand as well. Imagine yourself with huge mind boggling forearms, or grasping weights that you are now intimidated by. Create a mind muscle connection.

Make sure to pyramid up on your warm up so as to prevent injury. For example, say you can curl the 40's for 10 reps on hammer curls. Start by curling the 15's for 12 reps, followed by the 30's for 10. This will warm the muscle group completely and prepare your neural system as well.

First Working Set: You will begin by choosing a weight on reverse barbell curls that you can handle for 10 strict repetitions. It should take one second to raise the weight and two seconds to lower it. The key here is to keep your wrist flexed backward as far as possible so as to apply an optimal amount of stress on your extensors. When you reach failure, without rest choose a pair of dumbbells that you can hammer curl

for another 10 repetitions. The key here, and I must stress this, is the full stretch at the bottom. No half reps!

You need to keep your wrist flexed upward as to maximally stress the brachioradialis as well.

Here's the brutal part! When you reach failure, using momentum swing the weights half way up and hold them there in a state of peak contraction for a total of 30 seconds. I find that even after failure I am able to still hold the dumbbells in a state of contraction. However, if you are not able to do this, then use a slightly lighter pair of dumbbells. The peak contraction must be right in the middle of the movement, where gravity is at its strongest, this way you face constant tension for the remainder of the set!

note: I prefer to do hammer curls on a slight incline so as to heighten the stretch.

rest

Second Working Set: With the same amount of weight try and perform 8 repetitions and repeat the exact same pattern as set one

rest

Sets Three and Four: Lighten the weight so that you can again get a total of 10 repetitions on set 3 and 8 on set four.

rest

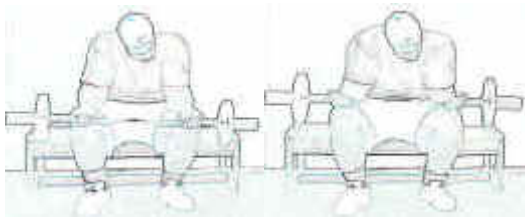
Sets Five and Six: Same Pattern as sets 3 and Four

I guarantee when you finish these 6 sets that your forearms will be absolutely fried! However the pump you will receive from this will be from another planet!

Note Concerning Sets: If not accustomed to working forearms, you may want to limit this to 3-4 total sets.

Note On Curling Strength: Again, this stresses several elbow flexors which will increase your strength. The brachioradialis and brachialis in particular.

Phase Two



[Seated Easy Barbell Wrist Curls](#)

Warm Up: Same as phase one

Final Working Set!

After stage one you're tired, the adrenaline has subsided and you are running purely on mental strength. It is this point that separates you from the rest of society. It literally makes you elite rather than average. The exercise will be seated easy curl bar wrist curls. However the difficulty will present itself in both form and concentration. Absolutely no bouncing is allowed! You need to concentrate heavily on all three portions of each repetition.

- a. When you are at the bottom of the exercise concentrate on the stretch heavily. I personally allow the muscle to stretch for a minimum of 1-2 seconds! **Important:** This will stretch the connective tissues, known as fascia and allow more room for growth in the forearm flexors.
- b. At the top of the exercise, you need to peak and squeeze your flexors for at least one second.
- c. Focus on the negative repetition. Do not and I repeat do not allow gravity to take the weight down, fight it with all of your might! It should take a minimum of 2 seconds to lower it. Remember much of the damage done to the muscle is in this area, take advantage of the full potential of the rep!

First you will choose a weight that allows you to get a total of 12 repetitions. When you reach failure, set the weight on your lap and rest pause for about 10 seconds. The forearms recover quickly so this should allow you to get at least 3 extra repetitions. At this point you will begin to notice the blood flowing into your flexors, it will feel warm and almost soothing. After you have reached failure again, immediately strip enough weight off so that you can get an additional 12 repetitions, followed by a 10 second rest pause. At this point the warmth of blood will have turned into unbearable heat, hang on because you've got one strip left! Lower the weight once more in the same previous fashion, but once you reach failure give me a full 30 seconds of partial reps and then set the weight down! Talk about being in the pain zone!

That's it, go home, eat and hit the sack so you can start growing!

Weeks Two and Three

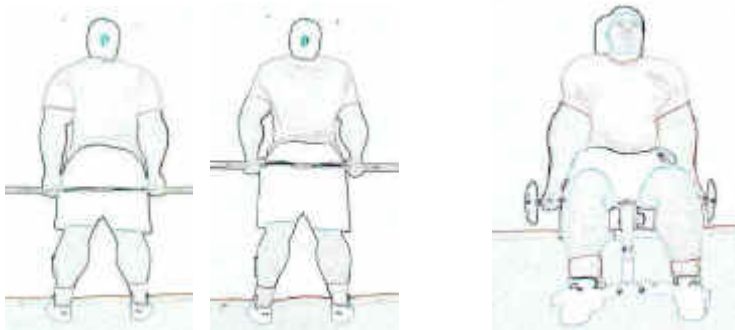
Roles will reverse during this time period. The focus will be complete isolation and range of motion in the extensors and heavy compound movements which improve both grip strength and mass in the flexors, namely the *Digitorum Superficialis*.

objectives

1. To stimulate maximum hypertrophy in the brachioradialis by flushing the area with blood and targeting as many muscle fibers in the area as is possible.
2. Our next goal will be to create a vise like grip! This alone is a proven method for huge forearms. The stronger your grip the larger your forearms will be.

3. To improve the flexibility, room for growth and build the extensors completely from the bottom of your forearm to its ending.
4. Improve your ability to curl by strengthening key flexors.

Phase One



[Behind The Back Wrist Curls](#) and The Holding of Heavy Weight (Do Seated or Standing)

Warm Up: Same conceptual warm up as before.

Working Set One:

Begin by choosing a weight that you can curl behind the back for 12 strict repetitions. When you reach failure add an additional 15 seconds of partial repetitions to stimulate as many fibers as possible with the set. Set the weight down and immediately pick up two heavy dumbbells that you can only hold for a total of 30 seconds. This will produce one of the most amazing pumps that you've ever experienced! Once the 30 seconds are over, set the weight down and pick up two slightly lighter dumbbells and hold them for a total of 30 seconds. This superset stimulates more fibers in the *Digitorum Superficialis* than any other on earth and in addition thoroughly flushes and stresses your other flexors!

Note: When you choose a pair of dumbbells to hold, pick a weight that you would probably fail on around 35 seconds, this way you can set them down under control. The key is to squeeze the living daylights out of the dumbbells and do not, and I repeat, do not rest them on your sides! Its important to have them about an inch away from your thighs, so that your hands and forearms take the entire force of the weight!

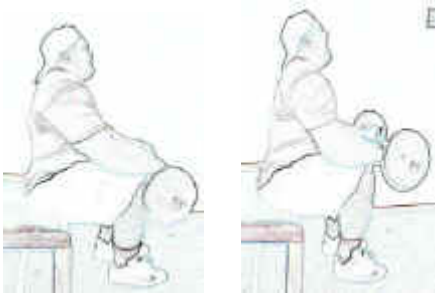
Working Set Two: Stay with the same weight as set one, you should be able to get 10 repetitions. Repeat pattern

Working Sets Three & Four: Lower the barbell weight so that you can again get 12 repetitions on behind the back wrist curls. Repeat same pattern as sets one and two.

Working Sets Five & Six: Repeat Pattern

Note On Gripping Strength: You will find that your gripping strength on all exercises will have improved dramatically following this 8 weeks. This will allow you to lift heavier on almost every exercise! And heavier means more muscular hypertrophy!

Phase Two:



[Reverse Easy Curl Bar Wrist Curls](#)

Final Working Set!

As with weeks one and two, you will repeat the exact same pattern. The difference however will be the exercise. You will use reverse easy curl bar wrist curls, rather than traditional wrist curls.

That's it! Go Home and ask your significant other to bake some friggin high protein cookies for you!

Conclusion

My intention today was to go beyond giving you the ultimate forearm workout (although It will give you bad ass results!). It was to cover the most important functions of forearm anatomy, development, and how they effect almost every other aspect of our training! Take this muscle group serious, for if you don't I guarantee their weakness will haunt you down the road!

Sincerely

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