

# 8 Weeks To Freakier Biceps 2 - The Legend Continues

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## Introduction

The anaerobic energy pathways govern in large part the capacity for peak performance during supramaximal exercise. Within this framework, capacity, power, and the time continuum will be discussed. Further, each step in the glycolytic pathway will be carefully analyzed, from reactants, to products. Additional attention will be partitioned to eleven specific enzymes responsible for the direction, and speed of glycolysis. Finally, techniques used to measure anaerobic energy systems will be reviewed.

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## Overview Of Article

We will cover a plethora of subjects today, up to and including the actual workouts used within the next 8 weeks. Each will be vital to your understanding of the following training program. Here is a brief preview of what you will read about.

1. Opposite Pole Supersets
2. 15-20-25 Blitz Explained
3. Elbow Flexor Review
4. Stimulation of Circulation in Order To Bring Nutrient Rich Blood To the Muscle's
5. Split Explained
6. Workouts A, B, C, D
7. Final Thoughts and Tips

## Opposite Pole Supersets

I believe you are beginning to understand the fondness we have for supersets sets on this site. Simply put, they are perhaps the greatest shocking method of all time. Opposite Pole sets are as effective as they are painful. The key is this, when training, we will have certain levels of strength depending on how we grip the bar, machine, or other device. This applies to foot positioning as well.

The reason for this, is due to the fact that variation in grip or stance, calls into play certain flexors or extensors for a particular function. For an applicable example, if I grasp a barbell with a palms down grip and perform barbell curls, I am using certain muscle fibers, that would not have come into play had I used an underhand grip. Starting at the wrist you can recognize that your wrist extensors would come into

play to stabilize the bar, where as your wrist flexors would come into play in a much greater fashion if you gripped the bar with a palms up grip.

To further compound the situation, there are many different elbow flexors.

The brachialis, brachioradialis, and the biceps brachii are all elbow flexors. Each of these comes into play when you curl, or flex your forearm. However, the brachioradialis and brachialis are relied on to a greater extent when the palms are neutral or turned down, and the biceps are of main use when the palms are turned upwards.

Enter opposite pole supersets. You will begin by utilizing a grip that calls into play the weaker flexor or extensor group, and go to failure with a certain weight. When this point has been reached, you will then change hand, or stance positioning, so that your stronger muscle groups can continue the set. Therefore if I were to perform 10 repetitions with a weight on reverse barbell curls, I'd probably be able to perform another 10 immediately after switching hand grips. This does a number of things.

- 1.** It pre-exhausts the second elbow flexor( biceps) in a manner it is not accustomed to.
- 2.** It forces the original elbow flexors to continue longer then they are used to. Just because one elbow flexor is used more than another in a hand grip, does not mean that the other flexors are still not supporting the movement. Therefore you would blitz them two-fold!
- 3.** In the case of a biceps curl, you would have the added benefit of using both your wrist extensors and flexors to curl the given weight, that's double the power, and double the stimulation to your biceps region!

Opposite poles can apply to almost any exercise. For example, after you fail in wide grip palms facing away pull downs or pull-ups, you would then bring your hands

closer and switch them to an underhand positioning. This will allow you to continue the set, and progressively overload the lats. They are called opposite pole because you usually grip in completely opposite directions or poles. Other examples would be reverse grip triceps extensions supersetted with normal grip extensions and overhand bent over rows supersetted with underhand bent over rows, etc. etc.

### **The 15-20-25 Method Explained**

The following method is so intense, that I would never recommend doing more than one or two completions of it in a workout. And when I say that, I mean that your whole workout literally just consists of this method. Its short, brutal, painful and flat out stimulates insane growth! What more can one ask for?

Here we combine the strip set with the rest pause method, and place them under the heading of a repetition scheme. You see, I believe that people will fail miles short of what they were capable of while utilizing strip sets. This method allows for no mercy, you must complete the indicated number of repetitions, no matter the cost!

Begin by selecting a weight you can only lift for a maximum of 12 repetitions. Say you were doing dumbbell curls. You would fail on the 12th rep, and set the weight on your knees. Rest pause a few seconds, and then eek out the final three repetitions. Without hesitation, strip the weight down. I prefer 10 pounds per dumbbell, but essentially you will choose a weight that you can normally get 15 repetitions with. Once you strip the weight, you will get as many repetitions as possible, before rest pausing. Normally after a strip set, you'll barely be able to get 6 reps before failing, the lactic acid build up is just too great! However, you must, and I repeat must rest pause out 20 repetitions, I don't care how many rest pause intervals are used! Lower the weight again, by 10 pounds per dumbbell and use the rest pause method to get 25 repetitions. At the end of the set you will be destroyed, in agony and drenched in sweat!

**What** I normally do is select weights that allow me, when fresh to get the prescribed amount of reps for the given amount of weight. However, it's obvious that you will be seriously fatigued, making rest pause sets that much harder!

Again, going back to dumbbell curls. If you can lift 50 pounds in each arm for 12 strict repetitions, then choose it for the first set. If you can then lift 40 pounds for 15 reps when fresh, then choose it for your second weight, and finally choose 30 for the last set.

It would look like this

- 50 pounds caused failure at 12 reps, then you rest paused once which allowed 3 additional reps
- You would then strip the weight down to 40 pounds and reach failure. Due to fatigue this may take place after 6 reps. Utilize the rest pause method, which would allow you to reach 15 reps before failure again. Then rest pause one more time and reach 20 repetitions

Strip down to the 30's only this time you must rest pause out 25 repetitions!

Try that on any exercise and I guarantee growth! It forces you to reach a level of proficiency, rather than just thinking that you reached that level.

## **Elbow Flexor's**

By way of review, there is more than one muscle group responsible for elbow flexion. If you notice, Adam Knowlden, and myself consistently stress the importance of working each of these regions. For one, they will enhance your strength level on basic exercises such as the barbell curl, leading to progressive overload of the biceps brachii. Secondly, they are flat out freaky looking! These are the flexors discussed above, which were also illustrated in the previous picture shown. We are going to dedicate much of our effort to these muscles, namely the brachialis to add a 3d appearance to your humorous / upper arm region. Therefore hammer curls, and reverse curls will play a major role for you, in the following weeks. For more information on this subject, I would refer you to 8 weeks to bigger forearms.

Remember, that this is a sport of symmetry. And that does not just include symmetry between the basic overall body parts, but between actual muscular regions as well. In your quest, to become an anatomical phenomenon, this must take extreme precedence. Which is why, I would also utilize the eight weeks to bigger triceps program, either before or after this one has been completed. Do that, and your arm's circumference will expand to unknown realms of freakiness!

## **Circulation**

After completion of a hardcore workout, waste rich blood tends to pool up in the target muscle group. While a blood pump is excellent and has been shown through many studies to enhance growth( for example lactic acid can actually increase testosterone levels (1, 2, 3) !), I would highly suggest focusing on bringing as many fresh micronutrients( vitamins ) and macronutrients ( carbs, proteins ) to the muscles immediately following a workout routine. In order to do this, you will want to assist your heart in circulating blood throughout the body.

This is best accomplished through some form of aerobic work, or movement with oxygen. The worst thing you can do is lay down on the ground and pant for 30 minutes. After an anaerobic, waste building workout, it's best to do the opposite. You can accomplish this through riding the elliptical machine, very slowly for 5 minutes or flexing and posing for 5-10 minutes.

After which I would lightly stretch the target muscle group. Not intensely as in fascia stretching, which will be included in the program, but more therapeutically applied. Stretching for 1-5 minutes will definitely enhance recovery.

## **Training Split Explained**

Included for your viewing pleasure are four distinct workouts. These will be labeled, as workouts **A** through **D**. You will perform them as follows:

**Workout One:** Complete Workout A  
**Workout Two:** Complete Workout B  
**Workout Three:** Complete Workout C  
**Workout Four:** Complete Workout D

**Repeat Process** - Until 8 weeks is completed

As far as frequency is concerned, you should perform these workouts once every 5-7 days. Which means if you worked the biceps on Monday, the earliest you could train them again would be Saturday, and the latest would be the following Monday. Quite frankly it all depends on your recovery ability, which is centered on your diet, sleeping patterns, and genetics to recovery from a difficult bout of training. Many find this to be latter then others, while several can train more frequently still. That being said, lets get down to business!

## **Eight Week Biceps Blitz**

By now, The Animals 8 weeks to bigger biceps program has become nothing short of legendary. I'm not lying when I say that Animal curls are a household name in my gym. Today, we will carry the legend onward, and continue in our quest to give you even freakier guns!

What you need to understand is that these workouts are progressive, which means that they build on one another. They will get more difficult per session, and then taper back down, only to go back up again! Lets get into it.

**Warm Ups** - As a note, you will need to warm up for each of these phases. Typically this is done by pyramiding upwards. This has been discussed before and won't be reviewed today. Each of the sets discussed below are working sets.

## **Workout A**

**Phase I:** [Reverse Curls](#) ( 3 sets ) + [Straight Arm Barbell Curls](#) ( 1 set )

### **Explained:**

In phase one you will perform 3 sets of reverse straight arm barbell curls to complete failure at the following repetition range ( 8, 10, 12 ), 8 being the first set, 10 being the second etc. You will have to pyramid downwards to complete the process. For example, if you can get 8 reps with 100 pounds, you will probably have to lighten the load to 90 pounds in order to get 10 reps, and then a bit lower to get 12 reps. Therefore you will begin heavy, and finish lighter

When you complete the three sets, your brachialis will be destroyed and your biceps fatigued. However, your biceps and wrist flexors are still stronger then the muscles just emphasized. Therefore, you will increase the weight back up to the load used for 8 repetitions and use an underhand grip, which is shoulder width apart. From here, go to flat out failure! You'll feel fibers in the biceps being worked that you never knew existed!

**Fascia Stretching** - [Click Here](#) If you are not familiar with this principle.

Following phase one, immediately perform 30-60 seconds of intense stretching for the biceps region. You can do this by using a smith machine bar set to about waist high. Simply face away from it but grasp it so that your palms are facing forward in the direction you are looking at, then walk forward until you feel a stretch in the biceps. This needs to be an extremely intense stretch to expand the connective tissue surrounding the muscle. Any stationary piece of equipment will work here. A doorway, a high bench, anything will do.

**Phase 2:** [15 degree Angle Incline Hammer Curls](#) ( 3 sets ) + [15 degree Angle Incline Normal Dumbbell Curls](#) ( 1 set )

**Explained:**

The principle here is the same. Begin with 3 sets of slow and controlled hammer curls with the following rep range ( 8, 10, 12 ). These are performed to failure, therefore choose a weight that meets the above standards!

When completed, go to the original weight used and perform normal 15 degree angle incline dumbbell curls to complete failure.

**Repeat** - Fascia Stretch for 30-60 seconds

**Phase 3:** [Lying reverse Animal curls](#) ( 3 sets ) + [Underhand Animal Curls](#) ( 1 set )

**Explained:**

The process is the same. We begin by focusing on the brachialis, and then finish the biceps off. Perform 3 sets of reverse Animal curls at the following rep range ( 10, 12, 15 ). Make sure and use strict form and take advantage of the constant tension provided by the cables.

When you have completed this go to the original weight used and perform normal underhand grip animal curls to complete failure with the original weight.

**Repeat** - Fascia Stretching

**Phase 4:** Standing Triceps Hammer Bar Curls ( 3 sets ) + Underhand Easy Curls Bar Curls( same as barbell curls, but with an easy curl bar ) ( 1 set )

**Explained:**



The triceps bar looks like the picture above. Its design is perfect for hammer curl type movements. Simply perform your set of biceps standing curls, using this, instead of a traditional bar. You will perform three sets to failure, and here is the rep range: ( 8, 10, 12 )

After completion, load up an easy curl bar with the original weight used on the hammer bar curls, and perform shoulder width apart standing curls to failure,

### **Repeat** - Fascia Stretching

From here its important that you cool down as instructed above. This will assist in the recovery process. Afterwards down your post workout meal, go home, and get at least a 30 minute nap.

## **Workout B**

The following workout will have the same goal as the previous. Which is to develop all the elbow flexors, and create a symmetrical appearance. However, it will be a much greater increase in both intensity, and volume of work. We will accomplish this by utilizing opposite poll supersets, and varying the repetition ranges. Studies show that rep ranges are adapted to quickest, that will not be an issue for the next 8 weeks, I intend to keep your arms growing!

**Phase I:** [Straight Bar Reverse Barbell Curls](#) ( 3 sets ) supersetted with shoulder width apart underhand [Straight Arm Barbell Curls](#). Followed by a singular set of straight arm curls.

### **Explained:**

Phase One

3 sets of reverse straight barbell curls ( 6, 8, 10, ) to failure, when you reach failure turn your hand grip around so that your palms are facing upwards and rep out to failure with normal straight bar curls.

This time on the fourth set go to the second weight you used and rep it out to failure with a pure underhand grip.

**Note:** This time utilize fascia stretching on the first set of this combination and not the last, as the blood pump will be greatest then.

**Phase 2:** [45 degree Incline Hammer Curls](#) ( 3 sets ) supersetted with [45 degree Incline Dumbbell Curls](#). Followed by a singular set of incline dumbbell curls.

### **Explained:**

Perform 45 degree angle incline bench hammer curls with dummbells ( 6, 8, 10, ) when you come close to failure, **about 2 reps short**, turn to an underhand grip and continue the set to failure with normall incline dumbbell curls.

This time, on the fourth set go to the second weight you used and rep it out to failure with a pure underhand grip.

Again utilize fascia stretching after the first set. This will be your last time this workout utilizing this technique so, be intense!

**Note:** If you notice I changed the angle on the bench to stimulate further growth in the elbow flexors. I also stated for the first time to go 2 reps before failure. I have found during the course of this particular superset that this combination is superior for stimulating growth.

**Phase 3:** [Reverse Lying Animal Curls](#) supersetted with [Underhand Grip Traditional Animal Curls](#) ( 3 sets ) . Followed by a singular traditional underhand grip Animal curls.

#### **Explained:**

Phase Three

Perform reverse lying animal curls ( 8, 10, 12 ) when you reach failure, switch grips to underhand positioning and go to failure.

Following this go to second weight you used above and go to failure with a pure underhand grip.

#### **No fascia stretching**

**Phase 4:** [Standing Triceps Bar Curls](#) supersetted with [Easy Curl Bar Curls](#) with a close grip ( 3 sets ) . Followed by a singular traditional shoulder width apart set of easy curl bar curls.

#### **Explained:**

Perform 3 sets of standing triceps bar hammer curls ( 8, 10, 12 ) once you reach failure have an easy curl bar loaded with the same amount of weight as the hammer curl bar and utilize a close grip( closer than shoulder width apart ) and go to failure.

On the fourth and final set, just use the weight you used secondly and fail with it using an underhand positioning and a shoulder width apart spacing. Again, notice how I suddely changed the angles from the last workout.

Cool down, and grab a post workout meal. You'll need to stress recovery, because the next workout will be insane!

#### **Workout C**

The following workout will no doubt carry on the mystic associated with our 8 week programs. This will tax you to your absolute limit!

**Phase 1:** [Seated Barbell Concentration Curls](#) supersetted with [Lying Dumbbell Curls](#) ( 5 sets ) .

**Explained:** This is by far, one of the single greatest supersets ever put together. The key is complete them using strict movements. Don't hurl the damn weights around. Focus, all your energy into your biceps region. Begin, with heavy sets in the six rep range, and when you are begging for mercy on the last set, you'll go higher reps, which will take your definition of pain to a whole new level. The rep scheme for the concentration curls is as follows ( 6, 10, 8, 6, 12 ). The rep scheme for the lying dumbbell curls is identical. Again, focus on a peak contraction on the first exercise and focus on the stretch during the second one! The stretch is vital and is key for optimal growth in the biceps region!

**Fascia Stretch Variation** - The lying curls will add sarcomeres in series to the biceps( filling out the area near the insertion point of the biceps), and also expand fascia. At the end of the lying dumbbell curls, when you reach failure, hold the dumbbells in a stretched position for 5-10 total seconds.

**Final Blow:** Pain, Pain, and More Pain!!!!

#### **Explained:**

The following set, is perhaps the most brutal you'll ever use. Its painful, hardcore, will give you the pump of a lifetime, and just plain delivers results!

You will use standing dumbbell curls. By standing and using dumbbells your body is forced to recruit many stabilizing muscles. As a tip, and if its possible, use completely different dumbbells than you did for lying curls. If your gym has a variety, choose a different brand name. If not, that's ok.

Select a weight that allows you to perform 20 strict repetitions. After reaching failure rest pause a few seconds and get as many repetitions as you possibly can muster until you've reached failure again. Continue until you have reach 100 total repetitions!!!!

The absolute key is to rest pause as little as possible. Your biceps should still be killing you when you pick the weight back up! Again, these are strict repetitions. This will not only build mass, but also increase your vascularity, stimulate cappillarization, and enhance your [mitochondria density!](#)

Cool off, eat and go home, you earned it!

#### **Workout D**

This workout was explained above. You will utilize the 15-20-25 method of training.

**Phase One:** [Seated Twisting Dumbbell Curls](#) - 15-20-25 Method

#### **Explained:**

Choose weights that allow you to complete the 15-20-25 method as described above using seated twisting dumbbell curls.

Fascia Stretching - Perform 30-60 seconds of intense fascia stretching

**Phase Two:** [Incline Dumbbell Curls](#) ( 12-15-20 method )

After resting for 5 minutes, use the exact same weights as before, but...perform standard incline bench dumbbell curls. And do not twist your hands as the exercise before suggested! Keep them straight forward, and emphasize the stretch. You do not need to fascia stretch here. The other difference is that you will only perform 12-15-20 reps with the weights. Its a slight reduction in reps, but still brutal!

## Final Thoughts

The key to success in any program is preparation. If you are not eating for gains, you will not make gains! If you are not sleeping for gains, you will not make gains either! Don't mess around in those areas. I would suggest also treating yourself right the next 8 weeks. Meditate on your arms, envision them growing, imagine performing the exercises before you actually do them and I guarantee victory!

Yours In Sport

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## References

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