

The Animals Guide To Building Huge Guns

Researched and Composed by The Animal

Introduction

At first glance the Biceps are quite a simple muscle group. They have one end at the shoulder and the other anchoring itself by the elbow, right? Wrong! Even though it is one muscle with two single heads, (hence the word Bicep, "bi" meaning two and "cep" meaning head) it can be separated into inner/outer thickness, length and height. Performing different exercises or utilizing specific angles will place more of an emphasis on an individual aspect of the muscle. For example to hit inner bi's you use a wide grip on a barbell curl and to emphasize the outers a close grip.

How to perform the perfect Biceps exercise.

One of the most **important** aspects involved in Biceps training is to actually use your Biceps. Sound's logical, but all too many times, people use there Delts, Backs and even Forearms far too much to help them lift the weight.

The key to a perfect curl is to **only** move your arm at the elbow. Whether it be sitting, standing, dumbbell or barbell, no part of your body should move except your arm at the elbow joint. It is all too easy to drop your shoulder into the movement and thus bring in other muscles like the deltoids. This also applies to swaying elbows that cause you to enlist more help from your back muscles!!

To get the idea of what I am talking about, place your elbow on your desk and lower your arm so it is flat, with your palm facing up and the back of your hand touching the desk. Imagine that you are gripping a dumbbell by clenching your hand into a fist, but keep the back of your hand on the desk. Now, **only** bend your elbow to move your forearm, keep your wrist un-curved and in a straight line with the rest of the arm. When you reach the top of the movement, this is the peak contraction, look how far it is away from your shoulder. Holding that position, take your elbow off the desk and place it by your side so it is pointing straight down at the floor, look where your hand is now. It should be about 8-10" away from your shoulder. This is the peak contraction, any closer to your shoulder and you are using it to lift the weight. In addition, if your elbows aren't kept tucked in, then your back and shoulders are lifting the weight.

Full Range of Motion and Failure

You must use a full range of motion! Most people do not take the weight far down enough. Allow the weight to come as far down in the movement as possible, literally straightening your arms out. This is performed easier with dumbbell's as opposed to a barbell, but even so get them as straight as possible feeling a complete stretch in the muscle.

I've known people who have spot on, perfect form in warm-up's and then when you give them a difficult weight to lift and they look like a chicken with its head cut off.

Get in the Groove

When training biceps you need to get in a groove. As stated above it is just an up and down movement of the forearms. When you train your bi's, imagine that you are in a groove and that it's impossible for you to move your arms from side to side during the lift, up and down is the **only** way. So where is the groove? It's different for every person and so it becomes impossible to come up with a generic place, I recommend that you experiment and find out what you feel places the most stress on your biceps, more than likely that is your groove. Face it, 90% of the time you have bad form you know it! The other 10% of the time your partner knows, so it's not as hard as it sounds to carry this out.

Less Speed more Haste

This is the classic case of the hare and the tortoise, and we all know who won that race. It's the same with Biceps training, perform the exercise with a slow motion. You need to understand that it's time under tension that counts. Bi's like to be trained quite slowly in comparison to other muscle groups and often it is a great shocking principle to train them extra slow. I am talking around 5 seconds for the positive and 10 seconds for the negative. During this workout you would not do as many sets and/or exercises.

note: time under tension is the amount of actual time that the muscle group is forced to work

Frequently asked questions

How do i.....

....get that vein running along my bicep to stick out?

Simply put, you must get a serious blood pump into your arm. The more the better! For example, if you had a hose spraying water on full and wanted more water you'd get a fatter hose. This concept is the same with arms, if your Biceps are saying "BLOOD BLOOD give me blood" then your heart will pump and pump and eventually your body will adapt. " If I have a bigger vein then this will be easier(**capillarization**). " Often vascularity comes with time and experience, thus the longer you've been training the better your vascularity will be. In addition this is a question of Body Fat Percentage (BF%), you need it to be quite low so the vein can be seen. If you have a high BF%, then you will never see this vein in its full glory.

....get that immense blood pump?

Dropsets, Supersets, Trisets etc. Basically just loads and loads of training, hard training, high intensity, which will increase the need for blood to your bi's.

....get a peak like Mount Everest?

This is a classic example of the need for ExtendedPeak Contraction. If you hold the exercise you are doing at the top range of motion it will help you gain that peak like **never** before.

....get bigger arms?

If you truly want huge arms you will need to train them like a complete physco, especially since I find they are one of the easiest muscle groups to plateau. But **never** over look the fact that the Triceps account for 2/3rds of your arm, with the Bicep making up the other third, so hit them hard as well!

....How can I keep perfect form in an exercise?

There is one thing that I found that works well with biceps training. Before you lift, stare into space, the mirror or simply close your eyes and go into your own zone. While doing this, imagine executing the exercise with perfect form. This visualization makes it much easier to keep focused for the set.

....lift heavier weights?

This answer is really for the guys amongst us. When you go into the gym please leave your ego at home or at least in the locker rooms. Lifting bigger weights comes with training, but believe me if you lift a 30lbs dumbbell with perfect form then you will grow twice as much as using a 40lb dumbbell with no form at all. Train up to your limits, not the to the limits of the guy who is next to you.

....shape my Bicep's?

This isn't as hard as people make it out to be. As I stated earlier, it's one muscle but with 4 different aspects. Do not neglect any one of them! Train your inner bicep thickness with a wider grip, outer with a closer grip, upper with peak contraction and lower with a emphasized stretch at the bottom of the movement. Prioritize the parts that are lagging by training them harder and you'll get HUGE guns before you know it!!

With a much clearer outtake on training your guns, you will succeed all the more in my 8 week biceps Blitz!
To read about it, [click here](#).

Animal Out!!!