

Double-Negative Shocking Technique

Researched and Composed by Adam "Old School" Knowlden

For blasting muscle plateaus!

Have you been stuck in a rut, with a particular body part, and it's driving you crazy!? If so, I recommend the double negative technique to force your body into growth! The philosophy of this technique is that the negative portion of an exercise, is the real secret to muscle growth. Many studies have shown that this aspect of a repetition targets the most muscle fibers, and stimulates maximum muscular hypertrophy. This technique incorporates that ideology in a unique way.

How To Incorporate Double Negatives

I would not recommend this technique to beginners, only to those that have a descent amount of muscle mass on their bodies, and are used to heavy and intense workouts. Also, don't use this technique as your first exercise; use it as you're second or third so that the muscle you are working is thoroughly warmed up.

Double Negatives are only to be used on machines, as balance will be too much of an issue with free weights. Mike Mentzer, who was sold on Nautilus equipment, loved this technique, and it showed!

Example of A Double Negative Workout

With all that in mind, let me explain how to use this technique for some new shoulder growth. Many of us prefer Hammer strength equipment for our machine workouts, so for this example that is the equipment you'll use. I would recommend one regular set as a warm-up, to get your body ready for the onslaught to come.

Let's say for a normal set, you'd use 100 lbs. for 10 reps on the machine. Start the set using that weight. Now begin the press, after you have reached the top part of the range of motion, begin the descent. Here's where the technique comes into play. Place all the negative emphasis on one arm, say the right arm, and let the left arm totally relax on the descent. Really emphasize the negative here, go for at least a 5-10 second decent (this also prevents injury). Keep your relaxed arm on the handle; just don't let it do any of the work.

Once you reach the bottom press back up again using both arms equally but this time forcing your left arm to take the brunt of the negative effort on the descent. Repeat this process, going back and forth between both arms until failure. If you are advanced you can strip weight and continue this technique again. I would only recommend two sets total for this method of training. Whichever arm you emphasized the negative for first, start with the opposite arm for the next set.

The great thing about this is that by placing the negative emphasis on one arm at a time, you are really subjecting that arm to 100 lbs. of negative force, as opposed to the 50lbs. it would receive from a standard press!

Enjoy Your Gains!

Sincerely

Adam " Old School " Knowlden

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