

# Questions and Answers

Researched and Composed by Jacob Wilson, BSc. (Hons), MSc. CSCS

## Introduction

I get a tremendous amount of emails everyday. I try and answer each one because I appreciate the time it takes someone to write me a letter. It's a great high for me to talk to someone about their progress, and it gives me a lot of insight into what works and what doesn't. So I've decided to feature a few of the questions that I get each month in the current issue of Beyond Failure Magazine. So without further ado...

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## Increasing the effective spike of caffeine

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**Question:** I read a suggestion that you made about green tea enhancing the effects of caffeine. I'd like to say thank you because your suggestion was right on! Is there any other tea that enhances the effects of caffeine?

**Answer:** Excellent question! The other tea that I will add to the stack quite frequently is "black tea." Black tea contains a substance known as theophylline. It stimulates the release of fatty acids to be burned and also increases our alertness and concentration. Stacking black tea with caffeine will enhance its effect very noticeably!

## Increasing biceps strength

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**Question:** Dear Mr. Wilson, I would very much like to improve my biceps strength! I have been stuck using the same dumbbells forever! Do you happen to have a good routine for increasing biceps strength?

**Answer:**

I am glad that you brought this subject up. Developing strength in our biceps is just as important as increasing strength in any other muscle group. One of the more popular exercises for strength is heavy barbell curls. However, my personal favorite for this area is heavy alternate dumbbell curls. I say this because they allow you to rest/pause on each repetition, which means more strength on each curl. In addition, alternate curls are the easiest exercise to cheat on. All you have to do is shift your weight from right to left and you get an extra boost of strength. Therefore using

heavy weight becomes a much easier task. Below is the routine. I suggest using it for your next 3 workouts.

**Incline alternating dumbbell curls:** These are the same thing as alternating curls, except you will do them seated on an incline bench.

**Workout:** Choose a weight that you can normally only curl strictly for 4 repetitions and curl it 6 times on each arm for a total of 3 sets. On the last set just give me 10 total reps.

Now drop the weight ten pounds on each dumbbell and do one set to failure with the same exercise. This will feel extremely weird because you won't have to cheat. Again get 12 repetitions.

**Key points:** I don't care how much you have to cheat, just get the targeted amount of reps! On the last two repetitions concentrate heavily on the negative portion! This cheating style of alternate curls has been a miracle for both my biceps strength and growth! Make sure that you warm up properly, otherwise you will injure yourself!

**For advanced:** If you are more advanced then move the bench to an upright position and do 2 sets to failure. These are not alternating but normal dumbbell curls. Preferably your reps should be strict and in the 8-10 rep range.

That's it, enjoy your strength gains!

## 8 weeks to bigger calves question

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**Question:** Firstly your workout is the bomb!!!! My calves are growing faster than ever! The problem is that I have only worked my way up to being able to do 3/4's of the workout. Is this Ok, should I have just done the whole thing?

**Answer:** Its definitely ok. I addressed this in the article but I want to clarify that this is a brutal workout! And if you can only start with 1/3 of the volume then that is OK too. The important thing is to work on your level of conditioning. If you do you will still get a tremendous amount of gains!

P.S. I am glad you like the workout so much!

## Should I use cables???

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**Question:** What is the point of using cables in your workouts? I mean do they have any advantages that free weights don't have?

**Answer:** There is a definite benefit to using cables in conjunction with free weights. Free weights are of course better than cables, but what they don't exert is a constant and even supply of tension on your muscle fibers like cables do. For example, when

you are using a straight barbell curl the tension is somewhat released when you reach the top of the movement. When you do a cable curl the tension is constant, even when at the top range of movement. What I am trying to say is that gravity does not change the tension exerted from a cable. While they are certainly not my first choice for mass they are excellent for tasks like creating peak in the biceps or chest muscles. With that in mind, my advice would be to use cables at the end of your workout to give your muscles a final blow!

### Chest Fat Question

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**Question:** I have some fat on my lower chest that I really really want to get rid of! Is there any exercise that will help with this area?

**Answer:** Firstly I want to clarify that spot reduction is impossible. If we could spot reduce, then any person who chewed gum frequently would have a thin and cut jaw.

However the chest is different in this respect! You can actually lift your chest up so that it appears that you have way less fat than is actually there! When your upper chest is not developed properly your lower chest fat sags. If you lift it up with a program that emphasizes the upper chest then you will lift it and notice an immediate difference in your chest fat. I would suggest using variations of incline presses, flys, and machines.

Jacob Wilson [jwilson@abcbodybuilding.com](mailto:jwilson@abcbodybuilding.com)