

# Super Setting Opposite Body Parts and the Static Stripping Method

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## Introduction

The following shocking methods are vital to your success in the new fat burning program that I have designed, as well as packing on serious mass!

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## Superset Setting Opposite Body Parts

Have you ever experienced a training pump so incredible that you literally couldn't stop looking at yourself in the mirror? My suggestion is that you bring a camera with you to the gym and take a quick picture( otherwise you would never finish your workout!), because after using this shocking method you will undoubtedly have such an experience!

As you no doubt have figured out, I am a major advocate of the superset. However, up until today I have only discussed super setting within the same muscle group. The utilization of this will entail you to superset completely opposite body parts. For example you might begin by blasting your biceps with a hardcore set of standing barbell curls, then while still fired up and full of adrenalin you would proceed to blast your triceps with skull crushers ( lying triceps extensions )! An added bonus when considering this superset is the cushion that your triceps will have after doing barbell curls. Your guns will be so pumped full of blood that when your forearms touch your biceps it will literally feel somewhat soothing due to the blood in the area. Well, as soothing as something can get when you are completely obliterating your triceps!

A second example would be weighted parallel dips supersetted with pullups! Never has there been a more painful combination than this! Unless you have your game face on, you can bet you won't last through even one of these sets!

## Further examples:

Quads and Hamstrings: This is a great way to isolate your quads and hamstrings. - Leg extensions supersetted with Leg Curls

Calves: Are you interested in freaky big calves? Then try Standing Calf Raises supersetted with Reverse Calf Raises! ( a favorite of Old School! ) This will trigger immediate growth!

Forearms: A little known fact about Popeye is that he superseted Seated Wrist Curls with Normal Wrist Curls.

At least I figure he would have to, in order to attain such tremendous size!

Pecs and Back: You want the pump of a life time? Then try supersetting Bench Presses with Bent Over Rows

Front and Rear Delts: Front Raises superseted with Bent Over Laterals.

Arms: Incline Dumbbell Curls Superseted with Triceps Cable Pressdowns is an absolute classic!

## Advantages

There are countless advantages involved with this method.

**Fat Burning** - Firstly the vigorous and intense stimulus that you force the area worked to go through increases the size of something in our muscle cells called mitochondria. Mitochondria are literally cellular furnaces within our muscle cells where fat and other nutrients are burned. Rigorous exercise like this has also been proven to increase insulin sensitivity within the muscle cells! Moreover these supersets will rev the metabolic rate similarly to HIIT aerobics. This is called exercise induced thermogenesis! Thermogenesis means that your bodies temperature has increased, thus burning calories at an extremely higher rate. Your rate will not only be elevated during your workout but also for hours following it as well! All three of these factors combined contribute to a more successful fat burning program!

Mass Building and Vascularity - Reverse Supersets literally obliterate whatever aspect of the body you are concentrating on! I have seen trainees arms explode so fast with this method that they were literally blown away, and they of course had the stretch marks to prove it! As far as vascularity, this will stimulate capillarization and increase specific conditioning within the muscles.

## Static Strip Sets - The Variation of A Theme

**note:** This is a variation of the method called [Static Contraction](#). If you have not already, I suggest familiarizing yourself with it.

For those of you who have used the static/extended peak contraction method, you realize how tremendously well it works! The following method is a variation of this theme. However in my mind it is the ultimate way to utilize it! I guarantee higher peaking biceps, thicker and more separated quads and unprecedented separation throughout your entire body! If any of those aspects peak your interest, then you are in store for a hardcore, iron treat!

## Emphasis of Shocking Method

Before I explain how to implement this method of training, I need to cover what it is meant to accomplish. Static strips stress the literal " peak " of an exercise. When I say peak, I am discussing the aspect of an exercise that shortens or contracts the muscle being worked the most. This can be used for 3 different phases of physique

building aside from mass gains. Firstly you can work on the peak of an exercise. Lets say your goal is to increase the peaks of your biceps, you would then implement this for that aspect alone. It can also be used for separation. Of course body fat percentage is essential here, but aside from this, separation is the complete development of all muscle groups in a given area. This method can allow you to further isolate areas that need work, hence increasing separation. Last but not least it allows you to form the purest mind muscle connection possible within a given muscle group! On most traditional exercises you are forced to focus on form, rep speed, balance and an innumerable host of other factors. The following method eliminates countless of these aspects and allows you to make a complete mind to muscle link. This link I believe is uncannily responsible for growth! And as I stated above, this is a tremendous mass builder! It doesn't matter what your weak point is, static stripping will bring it up to par! I suggest implementing it in a huge way throughout your program!

### **How To Use The Static Stripping Method!**

The first step is to complete( reach failure ) a regular set of a certain exercise, preferably one that isolates a certain body part. Following this you are to strip the weight you are using by 20 percent, lift or extend the weight to the top of the exercise so that your muscle is shortened or contracted as much as possible and to hold this position for a designated time. I prefer to hold it for 30-70 seconds, as I describe in my article, [60 seconds and grow man grow](#). The ultimate example would be the leg extension! This is one of the best exercises for isolating and creating separation between all four heads of the quadriceps. I see so many athletes pump through a set of leg extensions while their time spent in a state of peak contraction is minute, if at all! During this you would perform a set of 6-15 controlled repetitions, each of which hit a state of peak contraction for a minimum of one second. Once you reach failure you would drop the weight by 20 percent. Lets say you performed 12 strict repetitions with a 150 pound stack, you would then strip it to 120 pounds, extend your legs to the top and flex your quads for a total of 30-60 seconds. During which the blood pump will be so severe that you will probably have to bite the hell out of your towel just to make it through!

### **Why Strip?**

I've been asked before why strip, why not just have someone help you to the top of the motion and attempt to hold it there after failure? This is an excellent question, and I actually incorporate plenty of static contractions without strips, but...as far as creating a mind muscle connection is concerned they simply cannot compare. For one, most people reach mental failure before real failure on the repetition phase because they are not sure how long they can hold the weight at the end of the set. Rather than risk this, we separate the static contraction from the actual set. This way your full concentration is on the " task at hand. " Secondly, with slightly lighter weight you can contract your muscles " seemingly " twice as hard as you would normally be able to. All this adds up to better form, a stronger mentality and most importantly the stimulation of a significantly larger portion of muscle fibers!

### **Cables and Supersets**

This shocker can be used with any free weight, machine or cable exercise. I usually static within the same exercise. If I am performing barbell curls, I will use the same

barbell to perform the static contraction. However, lets take a look at the cable for a moment. While free weights are virtually superior to them, they have one huge feature that even free weights cannot match. What is this feature?

If you said that they provide continuous tension then you were correct. Lets take the barbell curl for example and compare it to the cable curl. At the top of a barbell curl a good amount of the pressure on your biceps can be released, however a cable doesn't care what position the exercise is in, it will continue to resist you with just as much fervency( continuous tension ). Therefore, if you used static contraction while using cables, they would continuously pull against your biceps, even while you were motionless at the top range of motion. What I propose, is to combine the peak contraction/shaping qualities of the cable with the mass advantages of free weights. In other words, superset barbell curls with cable curls and get the best of both worlds! This will build the shape and peak of the muscle in an unmatched way!

## **Conclusion**

Extreme blood pumps, uncanny separation and freaky peaks! I ask you with all sincerity, what more can a bodybuilder want? ..... That's what I thought!

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