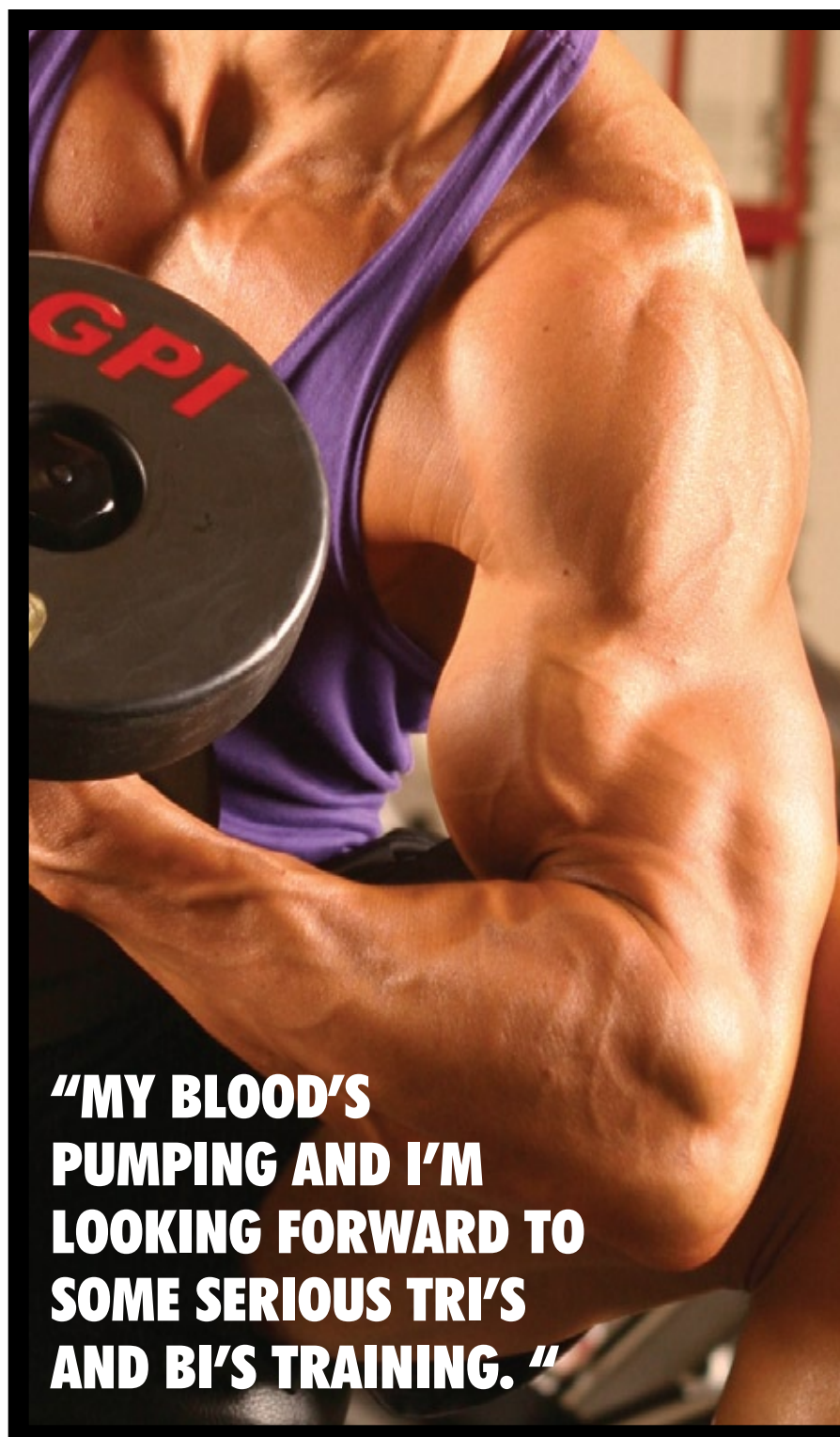


# BLAST YOUR BICEPS

## »» FOUR STEPS FOR EXPLOSIVE GROWTH



**“MY BLOOD’S PUMPING AND I’M LOOKING FORWARD TO SOME SERIOUS TRI’S AND BI’S TRAINING.”**

### **TUESDAY EVENING, 9:30 PM.**

I finally got the kids to bed. My favorite show, *Boston Legal*, starts in thirty minutes and my lifting partner Marty walks in ready to go. Every part of me wants to lie on the couch and watch Alan Shore (Spader) and Denny Crane (Shatner) do their thing! But, instead we know that we made a pact to stay on schedule and not miss our workouts, so the gym now awaits us. We were supposed to do arms this morning, but I had appointments today earlier than usual.

As much as I want to shove the workout off until tomorrow, it would be a sin to waste a perfect day of nutrition and supplements. I head for the pantry and mix my two scoops of Creatine and Glutamine with about 16 ounces of water to sip on during my workout. I also take a nitric oxide product. It takes about thirty minutes for it to kick in, so I sit down and catch the first few minutes of *Boston Legal* while we wait.

You might think it would be really hard to get off the couch at this point, get in my car for a five minute ride to the gym, and train. 10:10 pm, my show has started, but I don’t feel like I did 40 minutes ago. My blood’s pumping and I’m looking forward to some serious Tri’s and Bi’s training.

Tonight we’re going heavy. In fact, it’s going to be a rather lengthy workout. And if you were watching us, you’d think we were doing too much talking and not enough lifting. And guess what? We are! In fact, I remember times in the past when people would say to me, “You’re not growing by sitting around and talking.” What they didn’t know was that I was purposely resting 4-5 minutes between sets. Funny thing was, usually their next comment was, “What do you do to get your arms so big?”

**THINK ABOUT IT.** The longer you rest between sets, the more weight you'll be able to lift each set. And the more weight or resistance you use the more deep muscle tissue you are going to hit! Now don't get me wrong, it's extremely important to mix things up and maybe next arm workout I will speed things up for more of a "burn" each set. But not tonight. We start with Standing EZ bar curls with a wide grip. Two warm-up sets and then 4 sets of 8 as follows:

**STANDING EZ BAR WIDE GRIP X 40 REPS  
(TO GET THE BLOOD IN THE MUSCLE)**

- 10 REPS AT 95LBS
- 10 REPS AT 115LBS (4 MINUTE REST)
- 8 REPS AT 145LBS (4 MINUTE REST)
- 8 REPS AT 155LBS (5 MINUTE REST)
- 8 REPS AT 145LBS

On my third (work) set of 8 reps at 155lbs, I really have to swing it to get my last rep up. So, I rest a good 5 minutes and drop the weight 10lbs for my last set. It was perfect. I got all 8 reps in pretty good form. No, I don't have a crazy pump yet, like I would if I was only resting a minute between sets, but then again, I wouldn't be curling near the same weight. And my arms aren't burning — it's more like a deep ache!



**NEXT WE DO SEATED DUMBBELLS**, rotating one arm at a time. We do a warm-up set, and then 4 sets of 10 on each arm (20 reps total per set) with 4-5 minutes between sets. Here is what we do:

**SEATED DUMBBELLS**

- WARM UP: 40LBS FOR 30 REPS
- 20 REPS AT 55LBS (4 MINUTE REST)
- 20 REPS AT 60 LBS (4 MINUTE REST)
- 20 REPS AT 60 LBS (5 MINUTE REST)
- 20 REPS AT 50 LBS

Now we are on to Preacher curls with the straight bar. We've already used the EZ bar curl, so it's important to switch it up even more and go with the straight bar for a different grip, which will hit your bicep differently.

I was feeling pretty darn strong. But, my second to last set of 60 lb dumbbells for 20 reps was a struggle. In fact, I lost form and was swinging more than usual. So, I lowered the weight some, and gave myself a good 5-minute rest and finished with a great set.



**"THIS WILL KEEP YOU FROM CHEATING.."**

**ON THE PREACHER BENCH**, make sure you keep your armpits glued to the top of the preacher and the back of your arms glued to the flat part of the preacher bench. This will keep you from cheating and will really keep the resistance in your bicep head and not your shoulders. I am going to do 4 sets of 8-10 reps, but at the end of each set, I will let the bar extend and hold for a stretch to my biceps at the bottom of the movement for a count of 20 seconds. Talk about a severe burn and stretch!



Now, my arms are so swollen my skin feels like it's about to tear. The Muscle Synergy (Nitric Oxide product from [www.wiefit.com](http://www.wiefit.com)) is really talking. My arms look like roadmaps. It's awesome.

Marty and I rest 10 more minutes. (We have to before we can even think of picking up a weight again.)

**PREACHER CURLS**

- WARM UP: 80 LBS FOR 15 REPS
- 10 REPS AT 90 (4 MINUTE REST)
- 8 REPS AT 100 LBS (4 MINUTE REST)
- 8 REPS AT 100 LBS (10 MINUTE REST UNTIL NEXT EXERCISE)



**OUR LAST EXERCISE** is a great finisher and perfect for when you want to concentrate on the peak of your bicep—I guess that’s why they call them Concentration Curls. We each take one dumbbell. At this point, a 25lb dumbbell is about all I can do. Actually, on Concentration Curls, you want to go light enough to where you can lift it slowly, contract hard at the top of the movement, and then release slowly. The burn is great. At the top, you should feel as if your bicep is going to “pop”. If you’re not feeling it, then you probably are going too heavy. The goal is to get a good 10 reps moving the weight slowly and contracting (squeezing) hard at the top.

**ONE ARM DUMBBELL  
CONCENTRATION CURLS**

3 SETS ON EACH ARM (6 SETS  
TOTAL) FOR 10 REPS AT 25LBS

Now, make sure you finish your workout with a fast absorbing protein. Whey is best, as it is very fast absorbing and has a very high BVI (basically means that most of the protein will be used for muscle synthesis). Remember, your muscles are craving protein, and you’ve got about a thirty minute window of opportunity to really capitalize on your workout—so do not waste that workout by not feeding the muscles with a high quality fast absorbing protein right away!



**BRIAN WIEFERING** is the owner of WieFit Nutrition and [wiefit.com](http://wiefit.com). Brian understands that, “Diets fail people – people do not fail diets.” Through years of research, Brian and his team will put you on a Nutrition Program, which you can live with, lose body fat, gain tone muscle, and never go hungry! Brian and his team do this through monthly monitoring of body fat levels and making sure the body never starves itself by losing muscle tissue. WieFit.com offers FREE customized nutrition programs.

