

# ANABOLIC

# ARMS

*BY: Mitch Muller*



# 10

*UNCONVENTIONAL*

# ARM TRAINING

# METHODS FOR MASS

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**ANABOLIC ARMS**

## ***INTRODUCTION***

Congratulations on taking action and downloading this “gold nugget-packed” arm training report!

Well, I guess you can consider them gold nuggets, as I would have *clung* to these principles for DEAR LIFE when I first started training consistently.

My name is Mitch Muller, owner and founder of MindsetFitness.net, Men’s Physique Muscle Coach, Fat Loss expert and basically any other name you want to give me that could apply.

In all honestly, no school degree, certification or experience on my part would matter WHATSOEVER, *if* I was not able to deliver something AWESOME for you!

And that’s exactly what this report is: Awesome.

Building big arms has been a fascination of mine since I picked up a 5lb dumbbell and started doing curls standing in my living room when I was 14 years old.

The pump was like anything I had ever felt. I was addicted, and soon I became obsessed with the process of getting my arms as meaty and jacked as I possibly could!

Through my last 8 years of consistent training, I’ve learned a thing or two about how to approach arm hypertrophy training a bit better.

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And now I've boiled them all down into 10 distinct and specific ways for insane growth on both your biceps and triceps.

You may have heard of some of these things before and you may have not. The point is: there is ALWAYS something new to learn.

Getting big means being a "sponge" in this industry. My advice is to soak in as much information as you can, and apply it ONE step at a time.

It is my privilege to provide this information to you because like I said: I would have GIVEN anything to have this when I first started.

Whether you're a seasoned bodybuilder or just a kid like I was wanting to feel his shirt sleeves become tighter, this report has something for you.

Time to build some MASSIVE arms!

Your Mindset Muscle Coach,

Mitch Muller





## ***ANABOLIC BICEPS – 5 Unconventional Ways to Consistent Growth***

The art of training arms has grown throughout the years. I see more and more guys in the gym each day doing all sorts of bicep exercises, in hopes of somehow finding the EXACT exercise that will instantly increase muscle growth.

**I hate to say it but there isn't just one exercise that works the best.**

I know from personal experience that genetics play a *vital role* in what the bicep looks like once enough hypertrophy has taken place. Some guys have the crazy cephalic vein popping out all the

time, which some of us may consider unfair, but truth be told that's just the way it works. **We're all different.**

I've got some good news for you though. Awesome genetics or not, you can still make your biceps look just as impressive with a few simple rules and strategies. I've used these tricks on myself for the past few years as well as my clients and I can honestly tell you that the biceps will grow!

So let's get after it...

## ***#1 Range of Motion***

For the most part, the typical guy in the gym doing bicep curls isn't educated enough to know what's even happening. All they know is that Arnold did heavy bicep curls, so they have to do heavy bicep curls. Don't get fooled into thinking that's all it takes.

**There's a blueprint to get massive biceps and it all starts with simply anatomy.**

I want to ask you a question: What does the arm look like when the bicep is in a fully flexed position? *Go ahead and contract the bicep as much as you can.*

If your elbow is tucked at your side with your fist tightly clenched in front of your shoulder, then you're wrong.

Heck, even if you're in a full bicep pose with your elbow out, you're *still* wrong!

The key to planning out your best bicep exercises is to first understand what a fully flexed bicep looks like, and what a fully stretched bicep looks like.

Go ahead and place your elbow high above your head while flexing the bicep.

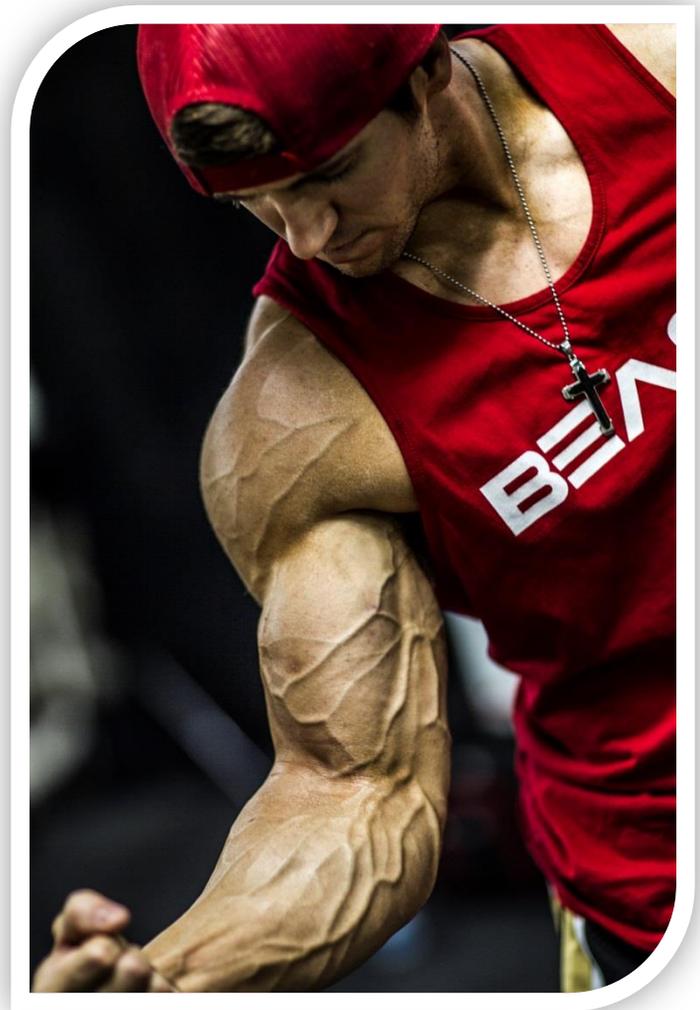
**THIS is a fully flexed and contracted position.**

You see, proper anatomy points out that MUSCLES *contract* and JOINTS *flex*. Don't get them confused.

What most guys don't know is that the bicep crosses 2 joints! It doesn't just act at the elbow; it also assists in glenohumeral flexion at the shoulder, crossing the shoulder joint too.

Just like in the contracted position, a fully stretched bicep is also acting at the shoulder. Ever done incline dumbbell curls with the palms facing backward at the bottom of the movement? **That's a fully stretched bicep.**

This is some handy information to have when trying to train correctly. When trying to build mass, the goal is always to



stimulate as many fibers as possible. Going through the full range of motion will ensure that this happens.

## ***#2 The Strength Curve***

Now that your range of motion is brought up to par, it's time to assess where you're the strongest. Coming from another anatomy perspective, it's clear that when the bicep is fully stretched that it has the possibility to produce the most force. Does it usually feel this way? No, not at all.

Why do you think that so many guys do biceps curls only half way down? It's *freaking hard* to lift the weight back up once it stretches out completely.

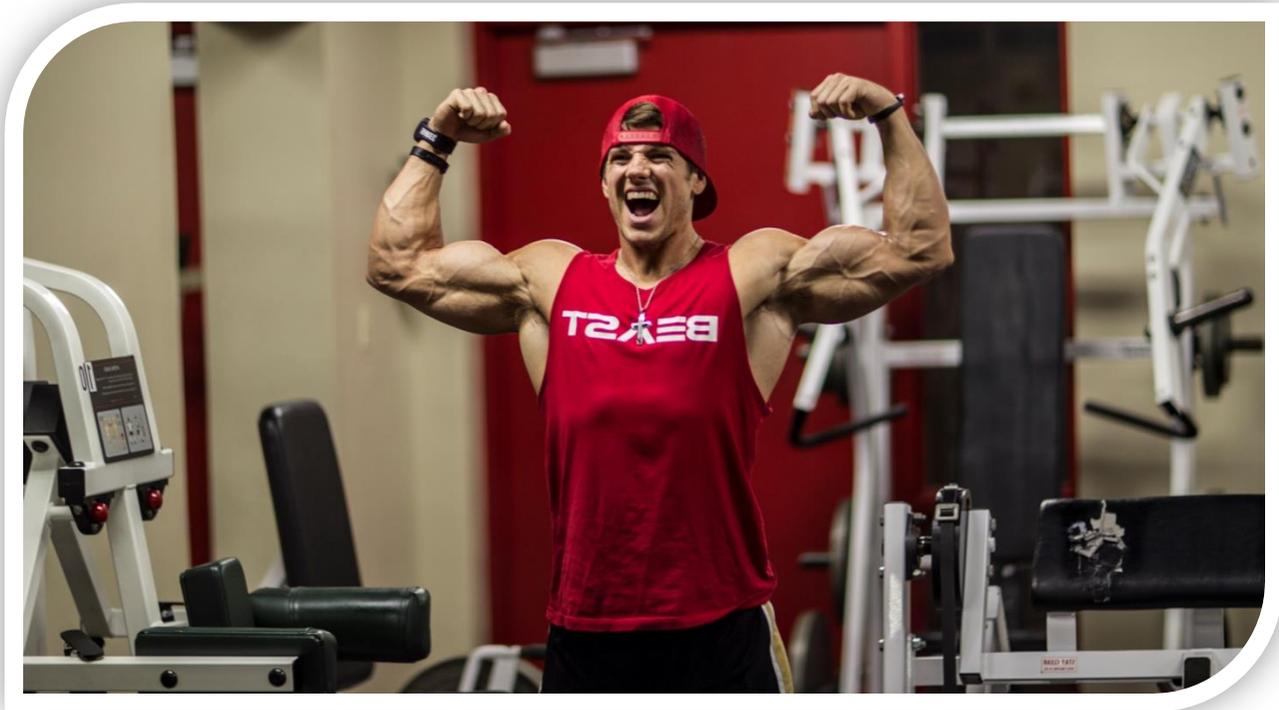
**Don't be that guy.**

If you want eye-catching results from your training, don't cheat yourself.

Likewise, your strongest point happens somewhere in the middle of the range of motion towards the top. It's important to distinguish between these strength curves to determine what weight should be used on a given exercise.

If you're doing a single arm preacher curl, you can get more strength out of your bicep by lifting heavier loads but only through a partial range of motion, not reaching the bottom completely.

I'm not saying to do this all the time, however it's extremely effective to bust out of strength plateaus and stimulate new muscle growth.



### ***#3 Neuro-muscular Shaping (NS)***

This is my bread and butter and “secret weapon” for getting massive biceps. You may not have heard this term before but it basically refers to the connection that the mind and muscle have when lifting.

Someone starting off for the first time in the gym most likely has a weak ability to “shape” their muscles. The mind and muscle connection has not been built up yet.

You see the more and more you train, the more neuromuscular connection your brain understands. When the brain knows that it has tons of motor neurons to send impulses to, to generate power output, the better signal your bicep will receive to stimulate more fibers!

Remember how I mentioned earlier that building muscle was all about stimulating as many fibers as possible? There you go my friend.

### **Here's a simple application for Neuro-Muscular Shaping <sup>TM</sup>:**

- 1) After your working sets, perform a 7-10 second **isometric contraction** of the biceps (fully-contracted state with the elbow above your head and your elbow flexed).
- 2) After the contraction, aim to **stretch the biceps** either one arm at a time or both in the fully stretched position (you may need to leverage a wall or stationary object for the stretch).

## ***#4 Muscle Fiber Types***

Now, all of the muscle fibers are not created equal. You have three major fibers that make up the skeletal muscular system: Type IIx fibers, Type IIa fibers, and Type I fibers.

It is your job to make sure that all of these fibers get their own day to be the front-runner. It drives me nuts to see guys in the gym lifting massive amounts of weights every single day.

I'm pretty sure your type IIx fibers are hating life each week.

Just as an overview, type IIx fibers have very little endurance capacity. They are used in fast and explosive movements to generate the most amount of force as fast as possible. You'll see a lot of these fibers in sprinters, high jumpers and power athletes.

Type IIa fibers fall in the middle. Their endurance capacity is slightly greater than their type II counterpart but still not as good as Type I fibers. These "type I slow twitch" fibers are found in muscles like the rectus abdominus and in people who typically engage in long-distance running or similar activities.

**So how can you manipulate ALL of these fibers to grow? Train with slightly different rep ranges each week.**

For example, week 1 would consist of heavy weights with a rep range of about 8-10. Week 2 would consist of moderate weight with a rep range of 10-15, and the last week would consist of very high reps anywhere from 15 to 100!

Drop-sets, supersets and rest-pause techniques are awesome ways to target the type 1 slow twitch fibers.

## #5 *Proper Intensity*

Intensity of your bicep workouts has a direct correlation with possible muscle growth. Training protocol should never be sacrificed for using heavier weights.

Even though the intensity may be there, it is important to understand that high intensity doesn't equate to heavier weights necessarily.

If your effort is determined by a scientific approach, then you're on the right track. I've seen some guys that get through a full arm workout without even breaking a sweat.

If your intensity is correct, sweat is almost guaranteed. **To get your biceps to grow like boulders, try using the pain barrier method.**

**Think about a time in the gym where you felt the most muscular pain (not an injury).**

This is your mental pain barrier.

Once the threshold is reached, your mind will automatically tell your body to rest. It becomes your job to exceed your pain barrier or to push to your maximum pain threshold.



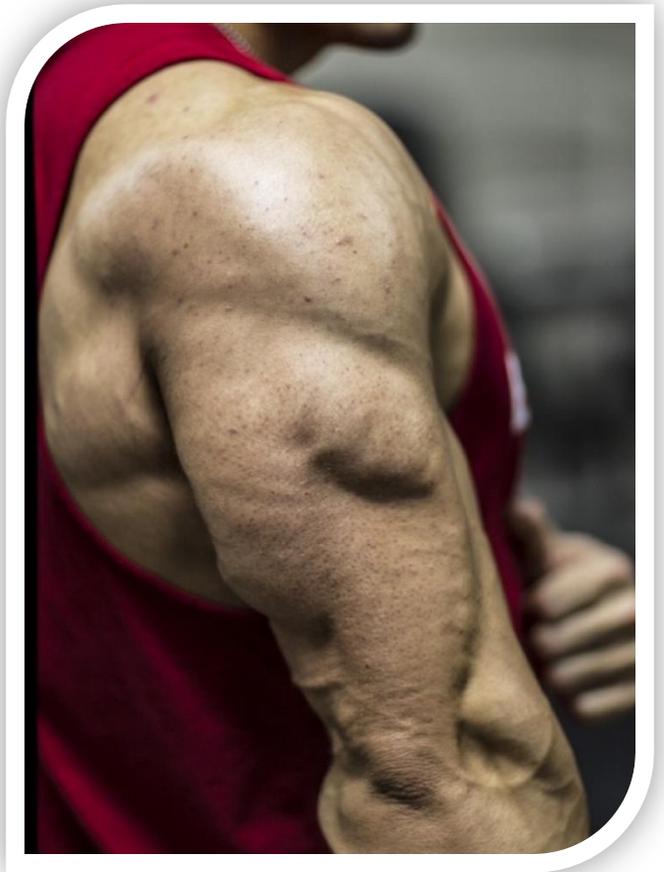
Believe me, when you hit this point, you'll know it! The blood flow to the biceps will be insane and you can rest assured that your muscle fiber breakdown is sufficient enough for growth.

### Boulder-Sized Biceps Take Away:

- Work through a full range of motion during your bicep workouts. Get creative with exercise selection to ensure the most optimal range of motion.
- You're only as strong as your weakest link. Take advantage of the bicep strength curve and learn to enhance the power of contraction.
- Mentally contract your biceps as much as possible with every single rep. This will ensure more blood flow, more nutrients, and more muscle breakdown.
- Know the difference between muscle fiber types. Each one has a different training protocol associated with it.
- Effort is only a measure of intensity. Train hard and mentally find your pain barrier.

# ***ANABOLIC TRICEPS: 5 Unconventional Triceps Training Methods***

I always think it's funny when someone asks me how to build massive arms. The look on their face is priceless when the first thing that comes out of my mouth is an explanation of a triceps exercise.



It's a sad truth that in the bodybuilding world of amateurs, the biceps are king. The triceps don't usually fall under the category of "show muscle" so it's no surprise that the biceps are usually the front-runner.

Many of you probably have fallen victim to this at some point or another; I know I did. Even if your biceps are genetically "gifted" to become very large and dominant, it's important to understand that the triceps are just as important if not *MORE* important to train.

**From personal experience, I like a more unconventional approach to building my arms.**

More specifically, I like going against the grain with my triceps training and thinking outside of the box. The best part is that science is always science, and you can't go wrong with that.

Here are 5 awesome ways to mix up your triceps training for maximum growth:

## *#1 Know Your Range of Motion*

It's important to understand first off that the triceps cross two different joints. Their primary purpose is to extend the elbow, however most people will forget the fact that they also assist in hyperextension of the shoulder.

Without this handy piece of information, your training most likely won't be doing what you think it's doing.

Because it is a multi-joint muscle, this means that your training should take into account the position that your shoulder joint is in.

If I asked you to contract your triceps as much as possible, you would most likely straighten out the arm, much like performing a triceps extension.

Sorry to say, but this isn't a fully contracted position. Since the shoulder is involved, you must first extend at the elbow, then hyperextend at the shoulder joint placing your arm **behind you** with your palm facing backwards; **now**



you're fully contracted.

Since the goal is building maximum muscle, it is your job to work through this range of motion at some point during your workout. If not, you're leaving out valuable muscle fibers that have great potential to grow!

## ***#2 Training with Chains***

If you don't currently have chains at your gym, I would suggest that you get your own or talk to the gym owner. The benefits of lifting with chains are numerous; however I'll just focus on the triceps for now. I'm going to share with you the BEST exercise I've ever come across for building up huge triceps; are you ready?

### **Decline EZ bar skull crushers with chains**

Let's break this exercise down.

First, the angle of the bench is in a decline position which forces the elbows to lean slightly over your head, down towards gravity.

When this happens and the shoulders are retracted into the pad, the deltoid muscles are inhibited and therefore cannot assist in the movement.

Second, when the weight is in the bottom position, the chains are laying on the ground not adding any stress; however once the weight is lifted, more and more links are being elevated off the ground, therefore increasing your resistance throughout the strength curve.

Can you see how this could break down even more muscle fibers to increase growth?

I've been using this exercise for quite some time and it's helped my strength and growth tremendously. **Don't leave it out!** A good alternative to chains would be to use resistance bands instead.

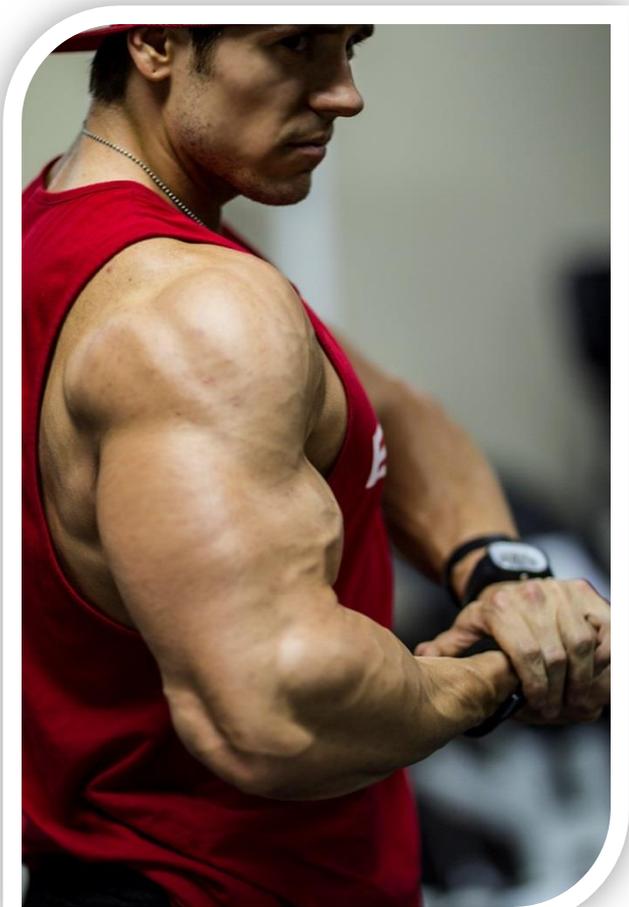
## ***#3 Neuro-Muscular Shaping***

I touched on this principle a little bit ago in my discussion on bicep training. Neuromuscular shaping simply just refers to the mind and muscle connection that is shared when performing an exercise.

If you're a novice lifter, your body most likely will not have a strong neuromuscular response. On the positive side though, anyone can increase this interaction when training consistently.

Let me remind you that **it is not about how much weight you can lift, it's about how many muscle fibers you can stimulate.**

When a strong signal is sent from the brain to your working muscles, more motor neurons will have to fire to produce force.



Simply lifting the weight is the easy part, **contracting the muscle TO LIFT THE WEIGHT is a whole new experience!** Try it out my friend.

## ***#4 The Cheaters Pushdown***

Ok, I have to share this “secret weapon” with you because it is just too good to leave out. The appearance of this exercise is completely unconventional. It actually looks like you’re cheating but in all seriousness, the triceps stimulation is out of this world, without any shoulder recruitment.

*Just as a warning: this exercise shouldn't be done if you're new to training or don't have the mind/muscle connection that is needed to relax the shoulders and completely contract the triceps.*

This isn't an easy thing to do early on, believe me.

Start this exercise by using a high cable on a pulley of some sort in your gym. I personally prefer to use the V-handle bar attachment, but you can use the straight bar if it's more comfortable for you. The key to doing this exercise correctly is to lean forward with the cable positioned on one side of your neck and your elbows locked at your side. Be sure to switch off which side the cable is on between sets to create balance.

In this position, the shoulders should be rolled back and locked into position as well to prevent them from assisting.

Take the triceps throughout the FULL range of motion slowly. Be sure to get a good stretch at the top and an intense contraction at the bottom every single time.

There's no room for cheating on the cheaters pushdown! (Funny, I know...)

Give this one a try and see how the triceps feel the next day.

## ***#5 Muscle Fiber Manipulation***

When it comes to building muscle, I'm always first in line to understand the scientific approach. One of the most interesting concepts of the muscular system is ability of your muscles to produce force via different fiber types.

These include Type IIx, Type IIa, and Type I muscle fibers.

Just as an overview, type IIx fibers have very little endurance capacity. They are used in fast and explosive movements to generate the most amount of force as fast as possible. You'll see a lot of these fibers in sprinters, high jumpers and power athletes.

Type IIa fibers fall in the middle. Their endurance capacity is slightly greater than their type II counterpart but still not as good as Type I fibers.

These "type I slow twitch" fibers are found in muscles like the rectus abdominus and in people who typically engage in long-distance running or similar activities, as I mentioned previously.

So how can you manipulate ALL of these fibers to grow? **Train with slightly different rep ranges each week.**

Try using a three week protocol of heavy, moderate and light weight, respectively. This will ensure that each type of muscle fiber is stimulated maximally and therefore has enough time to grow and recover before the next three week cycle begins.

### **Be sure to implement these top triceps-building strategies to build massive arms!**

- Your range of motion will make or break you. Don't leave any part of the strength curve out during your workouts.
- Add lifting chains to your barbells and EZ curl bars for compound tricep exercises. Watch your gains go through the roof!
- Your mind is your most powerful asset. Use it to stimulate as many muscle fibers as possible.
- Cheat without "cheating" using the Cheater's Pushdown. It's all good when you know what you're doing.
- Manipulate your muscle fibers by changing up your training protocol each week from heavy and moderate to light.

Mitch Muller

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