

MOTIVATION

CHEST

DELTS

ARMS

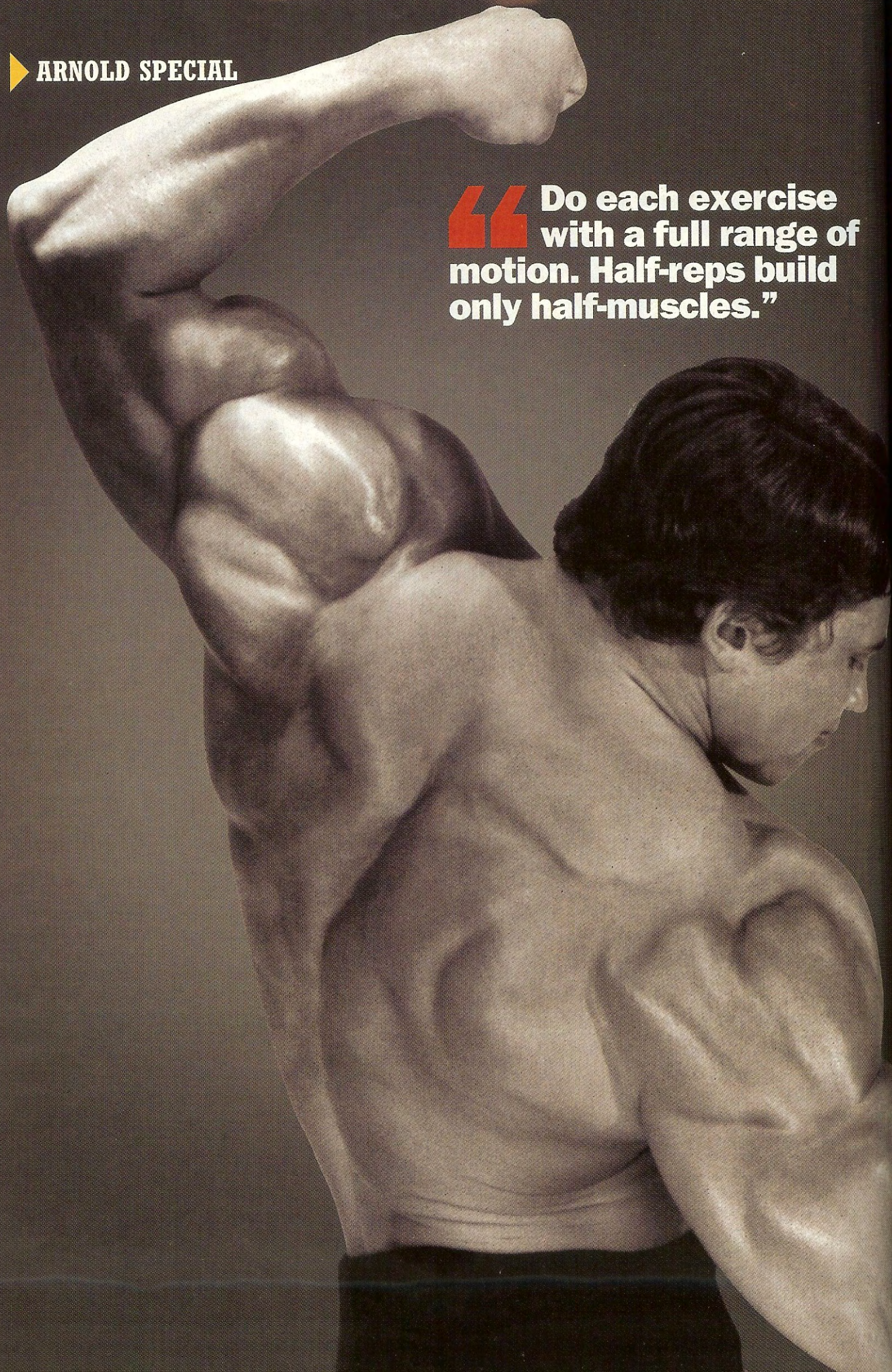
LEGS

BACK

ABS

▶ **ARNOLD SPECIAL**

“Do each exercise with a full range of motion. Half-reps build only half-muscles.”

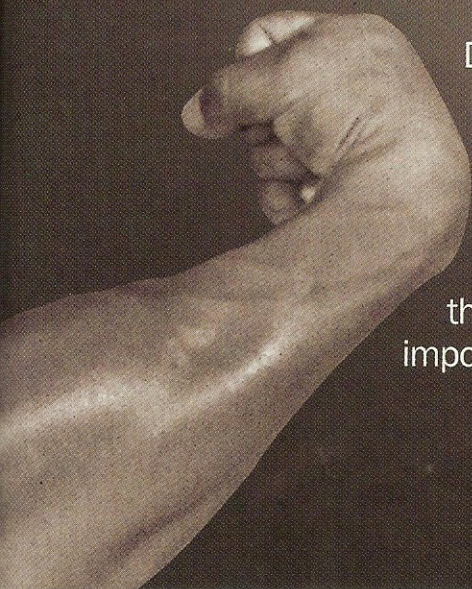


THE

SECRET

TO WINNING

DELTS



Delt size is crucial to the overall look of a physique. Shoulders not only need to look wide, but they must be thick and bulbous, expressing development of all the heads. Front, side and rear deltoids must have balanced development. Here's a plan of attack that will give you the three-dimensional look so important if you want fully realized shoulders.

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“ If the wrist is higher than the elbow, the front delt is working.”

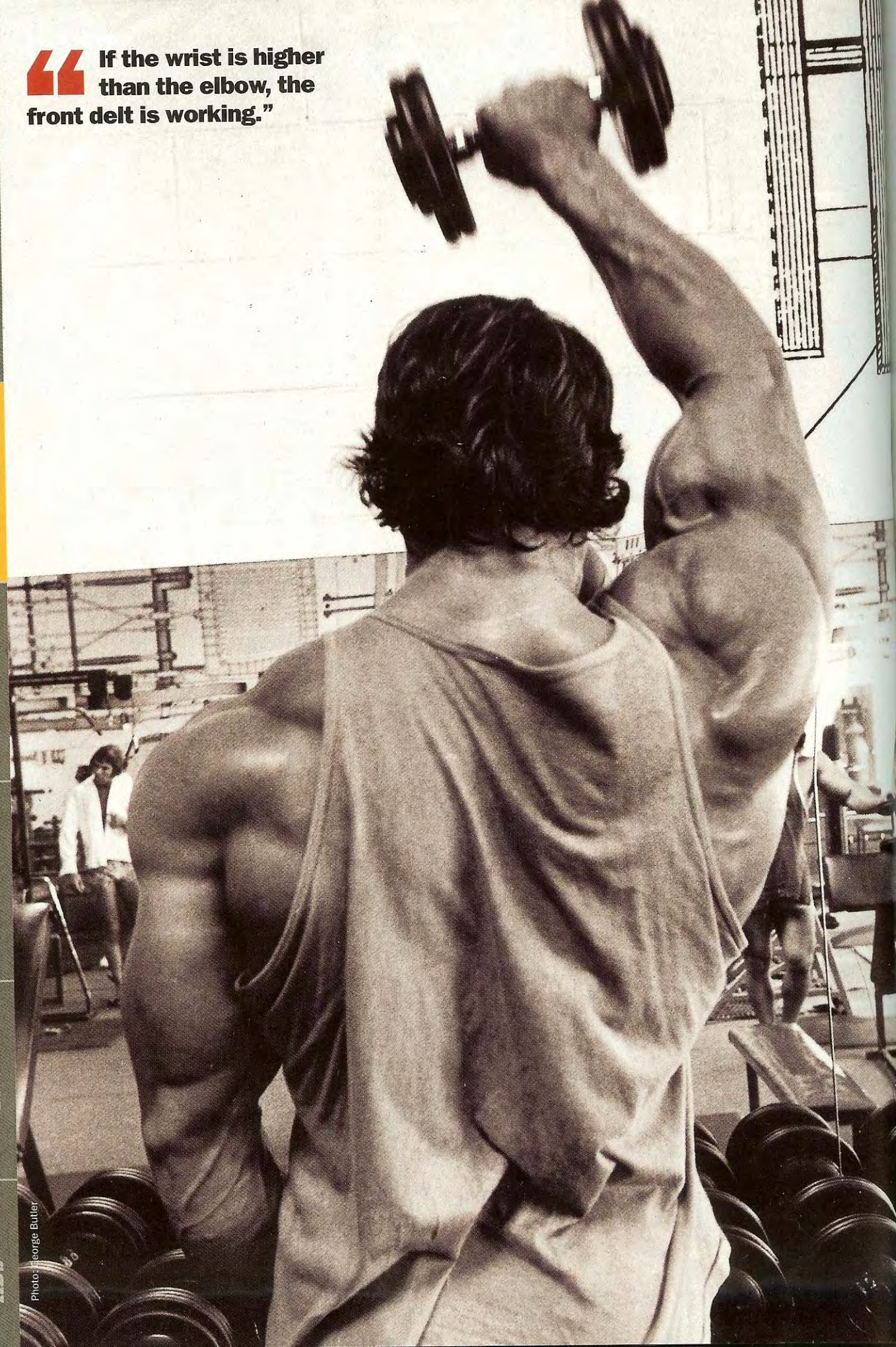
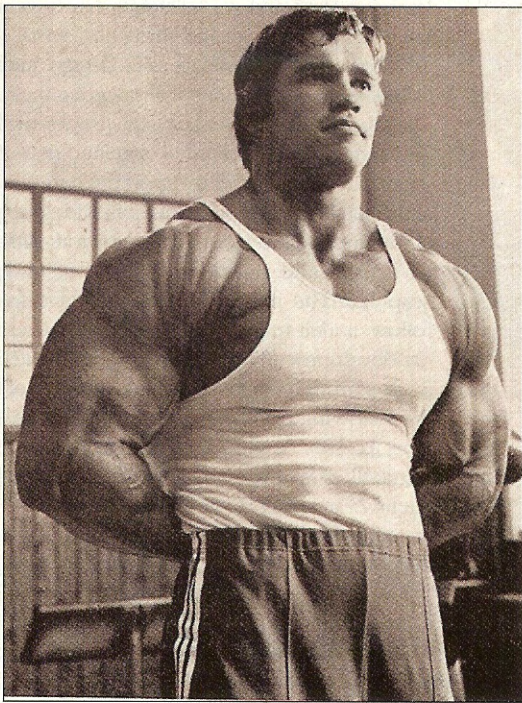


Photo: George Butler



The same principle holds true for the modern bodybuilder. Some bodybuilding authorities maintain that if you have good shoulders, abs and calves, you have the basis for a great physique. There is definitely a lot of truth to that statement. No matter how massive or muscular your thighs, arms, chest or back, you cannot be considered well developed without good shoulders, abs and calves.

Shoulder width, as it is related to skeletal structure, is basically a matter of genetics. Your skeletal structure is something you are born with. However, training enables you to increase the width

of the clavicles and scapulae. This stretching creates a wider shoulder girdle. Regular heavy training makes the clavicles and scapulae become thicker, more curved, and more ridged for muscle attachment. You create the potential for more upper-body width and mass in the shoulders, pecs and lats with this stretching and spreading action of the clavicles and scapulae. If you were born with naturally wide shoulders, such stretching of the clavicles and scapulae can create superwide shoulders.

Stretching and spreading the clavicles and scapulae is only half the battle to wide shoulders. The other half comes from full deltoid development. The deltoids are composed of three distinct heads – the side, or medial, head (the head that creates more

“ Proper symmetry and proportion demand that all three deltoid heads – anterior, medial and posterior – be developed for maximum upper body impressiveness.”

The shoulders, calves and abdominals are the key muscle groups of the body. Those muscle groups form the basis for the classic “X-frame” physique – wide shoulders, a small muscular waist, and large, well-shaped diamond calves. Look at the great sculptures of the ancient Greeks or the sculptures and paintings by the artists of the Renaissance. They always emphasized the development of calves, shoulders and abdominals (as well as the forearms and hands) on masculine figures. Historically these muscle groups are associated with the ideal male physique.

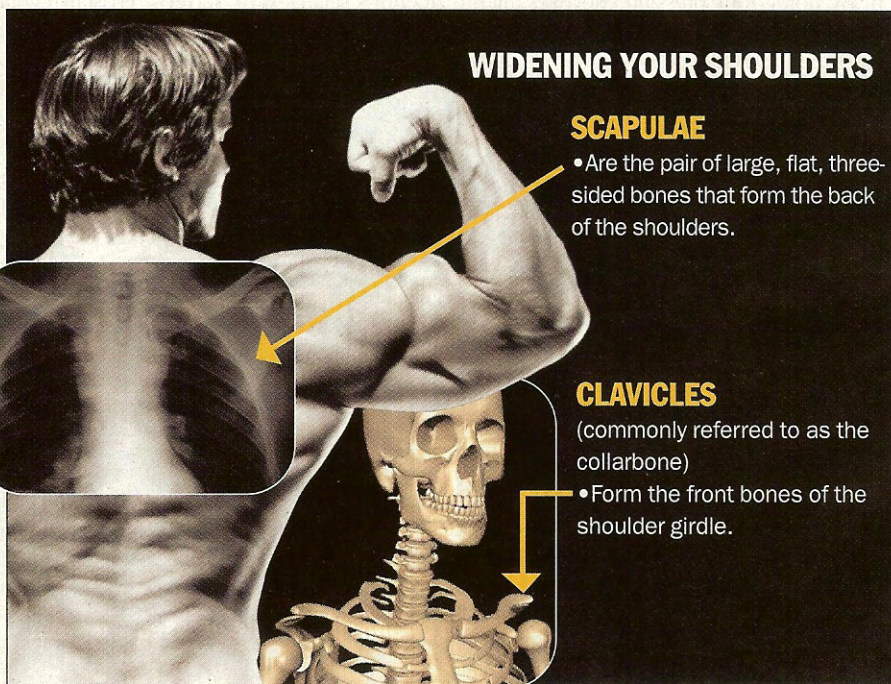
of your shoulders if you do exercises that stretch and spread the clavicles and scapulae. They are the bones that make up the front and back of your shoulder structure. The clavicles (commonly referred to as the collarbone) form the front bones of the shoulder girdle. The scapulae are the pair of large, flat, three-sided bones that form the back of the shoulders. Through stretching exercises such as wide-grip chins, wide-grip pulldowns, wide-grip front presses, behind-the-neck presses, wide-grip bench presses and incline presses, and wide-grip bent-over rows and deadlifts, you can stretch, spread and pull apart the

mass and width on the sides of the shoulders), the front, or anterior, head and the rear, or posterior, head. These distinct heads are plainly visible on any bodybuilder in good muscular shape. Proper symmetry and proportion demand that all three heads be developed for maximum upper body impressiveness. Intelligent training enables you to create the illusion of more shoulder width by the development of huge, round, “coconut” delts.

The side head gets a lot of attention from most bodybuilders because it adds to shoulder width, but total development of all three heads is essential. The front head of the deltoids must tie in to the pectorals, while the rear head must tie in to the traps, triceps, teres major and the other muscles of the upper back. The effectiveness of a rear double-biceps pose depends largely on how much shape, separation and definition you display in the three heads of the deltoids (which can all be clearly seen in this pose).

Although classified as a back muscle, the trapezius is an integral part of the rear shoulder girdle, while the subclavius and pectoral minor form parts of the front shoulder girdle. Complete development of the traps, subclavius and pectoral minor muscles is necessary for maximum shoulder impressiveness.

Since stretching and spreading of the clavicles and scapulae are affected for the most part by regular lat and chest training, I will focus mainly on the exercises I used for development of my deltoids and traps. The deltoid-trapezius complex is such a complicated muscle structure that I regularly did



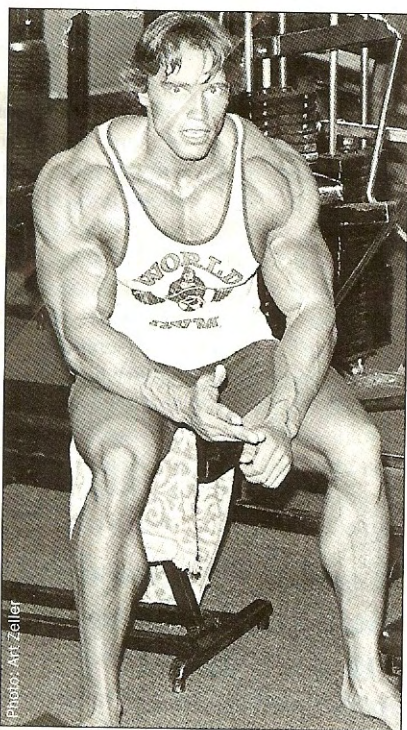


Photo: Art Zeller

more sets for this area than any other bodypart – as many as 50 sets in a single workout and rarely fewer than 30. There has been a lot of discussion in the magazines about overtraining, and some champions claim to perform only 5 sets per muscle group. I just do not see how you can train your entire shoulder area with only 5 sets. Since the deltoids consist of three individual heads, I treated each

PRESSING EXERCISES

When you get right down to it, deltoid work is mostly raises for the individual delt heads and variations of pressing exercises for overall deltoid mass and strength. I used four types of pressing exercises for overall deltoid development and strength: front barbell or Smith-machine military presses, behind-the-neck barbell or Smith-machine presses, front or regular dumbbell presses, and rotating dumbbell presses (of which I had my own special version – hence the name “Arnold press”). They can be performed either seated or standing, but I generally preferred seated pressing because it was stricter and allowed me to isolate my deltoids better. Doing presses seated also puts less strain on the lower back.

I normally selected two of the four pressing exercises each time I trained delts. Actually, I nearly always did Arnold presses and I rotated the other three exercises. One delt workout would be Arnold presses and seated

head as a separate bodypart, so three heads required, in my opinion, at least 15 sets. The traps are very large and complex too. I believe you need a minimum of six exercises to properly work the delts and traps, and six times 5 sets equals 30 sets.

Even a total beginner should do two exercises for the delts and traps. A beginner needs to stick to basic compound movements, so I recommend either the front military press or the behind-the-neck press for 3 sets, and another 3 sets of upright rows. This routine will give good stimulation to the front and side heads of the delts, as well as the traps.

The intermediate should do three or four exercises for the delts and traps. I suggest seated behind-the-neck presses, standing dumbbell laterals for the side head, bent-over laterals for the rear head, and upright rows for the delts and traps. Three

“ Advanced bodybuilders must prioritize training to work on their weak points.”

sets of 6 to 10 reps of each exercise would make for 12 sets.

More advanced bodybuilders probably need five or six exercises to properly work the entire deltoid-trap complex – at least four deltoid exercises and two trap exercises. Do 4 sets of each. A good routine for an advanced bodybuilder would include the following six exercises: seated behind-the-neck presses, dumbbell laterals, lying side

laterals or one-arm cable laterals, bent-over laterals, upright rows and shrugs.

Advanced bodybuilders must design and follow workout routines that improve their weak points and create balance, proportion and symmetry in addition to size and mass. Any bodybuilder who is especially narrow-shouldered should do lots of wide-grip chins and pulldowns during lat workouts to stretch and spread the clavicles and scapulae. The narrow-shouldered need to follow a delt-trap routine that specializes on development of the side deltoid head. Such a routine might include six to eight of the following exercises: seated behind-the-neck presses (using a wide grip), standing dumbbell side laterals, lying side dumbbell laterals, standing one-arm cable laterals, bent-over dumbbell or cable laterals, upright rows, and shrugs or high pulls.

I recommend 4 sets of each exercise,

and possibly as many as 5 of the side-head exercises, for a minimum of 24 sets and as many as 35 in total. That's a lot of sets. I suggest following a split routine that allows an entire workout devoted to training just delts and traps. This way your energy and concentration do not have to be divided among several bodyparts. You can give everything you have to blasting just the delts and traps.

behind-the-neck presses. The next might be Arnold presses and seated military front presses using the Smith machine, and so on. By doing four pressing exercises alternately in my deltoid workouts instead of

just one, I got better all-round development. I never got stale or bored because I was always changing my exercises. I liked to do 5 sets of 6 to 12 reps. I'd start light and pyramid up in weight each set so that

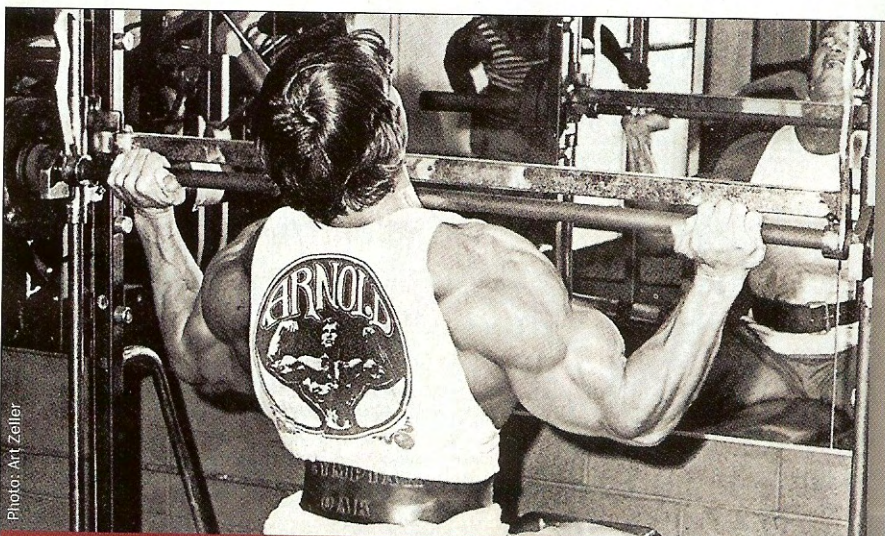


Photo: Art Zeller

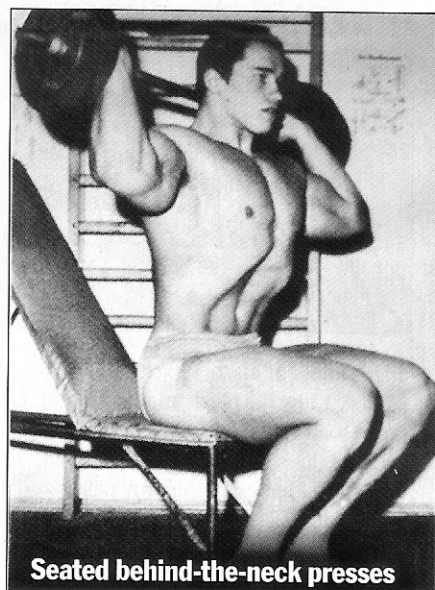
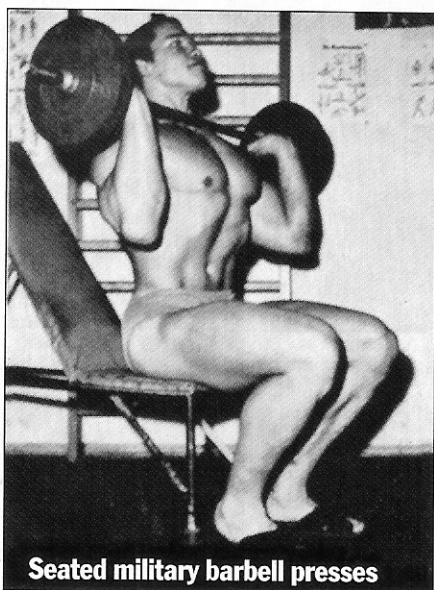
Seated, wide-grip front barbell presses or Smith-machine presses are great for widening your shoulders.

my final set would be my heaviest.

Most bodybuilders are not aware that there are two distinct pressing styles. Which one you use has a tremendous influence on how much deltoid development you get. Just as there are both "pectoral bench pressing" and "front deltoid/triceps bench pressing," there are also what I call "deltoid overhead pressing" and "triceps overhead pressing." One is a bodybuilding exercise and one is a weightlifting lift. All the pressing movements in my delt routine were deltoid presses. The type of pressing done by Olympic weightlifters in the past was mostly triceps pressing. Any press in which the arms completely straighten and lock out is primarily triceps pressing.

Deltoid pressing requires the use of a wide grip on a barbell or Smith-machine bar, whether you're doing front military presses or behind-the-neck presses. I recommend gripping the bar four to six inches outside the shoulders. Why such a wide grip? Because a wide grip prevents you from locking out your arms at the top of the press. Even after you have pressed the weight as high as it will go, there will still be some bend in your elbows. A wide grip also promotes a position in which the elbows are flared wide and pulled back in line with the shoulders for better isolation and involvement of the side delts. Triceps pressing with a narrow grip encourages an elbows-forward position, which affects mostly triceps and front delts.

One of the biggest mistakes I see beginners and intermediates make all the time is locking out their arms when doing presses. Once you lock out your arms, you take the tension off the deltoid muscles and transfer it to the triceps. When I pressed a weight up, there was always some bend in my elbows, even in the top position. That style kept constant tension on my delts. If you can straighten your arms completely and lock out your elbows, you know your grip is too narrow (shoulder width or less). If your elbows are in front of your body as you press, and not pulled back in line with your shoulders, you can work only front



delts and triceps. The secret to successful deltoid dumbbell pressing with any type of dumbbell press – be it regular dumbbell presses or rotating Arnold presses – is to keep the elbows wide, flared to the sides, and pulled as far back in line with the shoulders as possible throughout the entire

range of motion. You should get the feeling that you are trying to pull your hands and elbows completely behind your head. The farther you pull your elbows and hands back, the better you isolate and activate both the front and side deltoid heads. If you keep your elbows flared wide and pulled back in such a fashion, straightening your arms will be physically impossible. As with deltoid barbell pressing, there will always be constant tension on the delts. If you allow the elbows to move in front of the shoulder line, however, you'll be able to lock out your arms. Then you're back to working triceps again.

“ It should feel as if you're pulling your hands and elbows completely behind your head.”

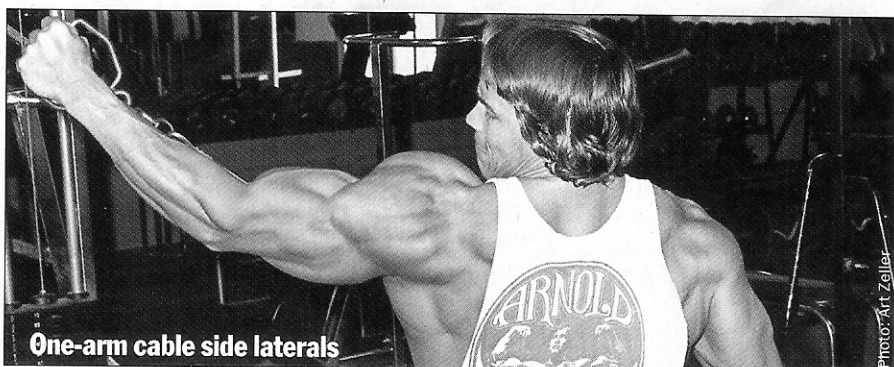
Another tip for effective deltoid pressing with dumbbells is to turn your wrists and tilt

the elbows must point directly sideways, not downward. With the elbows flared wide and pointing to the sides, straightening the arms once again becomes impossible. The elbows remain bent at the top, keeping constant tension on the delts.

The effect of tilting the dumbbells (putting the little fingers higher than the thumbs) and keeping the elbows flared wide and pulled back as far as possible is to increase activation and involvement of the side head. You work much more of the overall deltoid structure for better mass and shape. Regular pressing is mostly front head. I always did deltoid presses – for which grip width and elbow and hand positions are crucial.

LATERAL EXERCISES

Now on to the isolation lateral movements I used in my routines to directly work the front, side and rear heads of the delts. Lateral raises are by definition isolation movements. They are meant to be done strictly so as to allow isolation of the particular deltoid head you are trying to work. Although I did three variations of laterals to target the front, medial or rear head of the deltoid, the major perform-



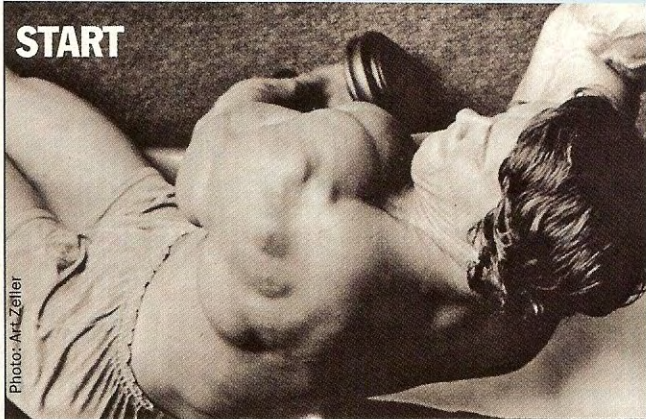


Photo: Art Zeller

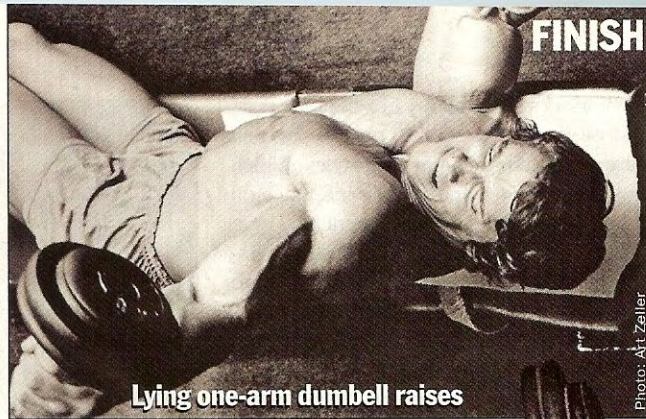
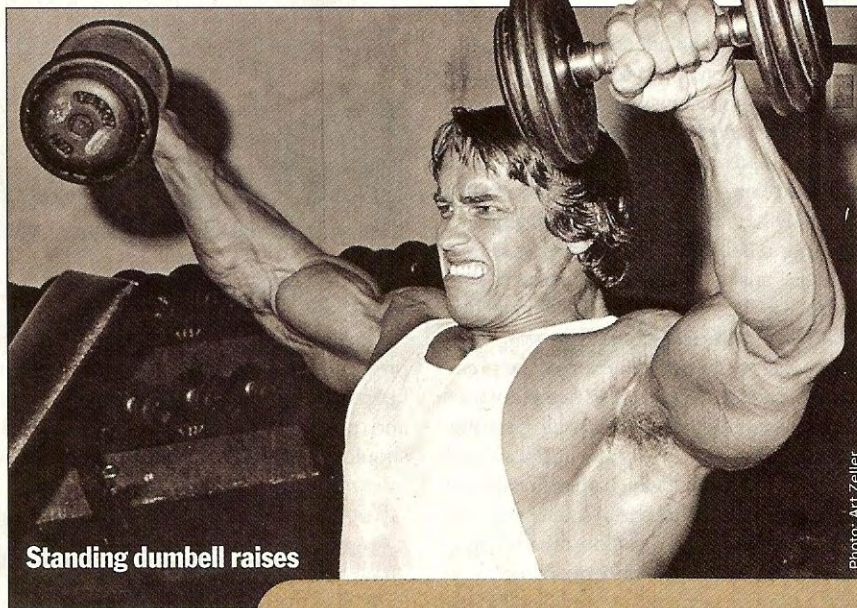


Photo: Art Zeller

Lying one-arm dumbbell raises

ance points of all three are similar.

First, I always used strict form and a full range of motion. I focused on doing the exercise in such a way as to isolate and work the side head. I kept my palms and the undersides of my forearms down, even in the fully contracted top position. As with deltoid pressing, I tried to keep my elbows pulled back in line with my shoulders. Elbow position is more critical than hand position in laterals. My elbows were higher than my wrists except for the final few inches at the top when my hands caught up and finished at the same level (or sometimes slightly higher). This point is important, because having the wrists higher than the elbows usually means you are involving too much front deltoid. A training thought I often used on laterals was to think of lifting the rear of my deltsoid higher than the front. This idea let me isolate the side head



Standing dumbbell raises

Photo: Art Zeller

MY SECRET DELT-TRAP TRAINING

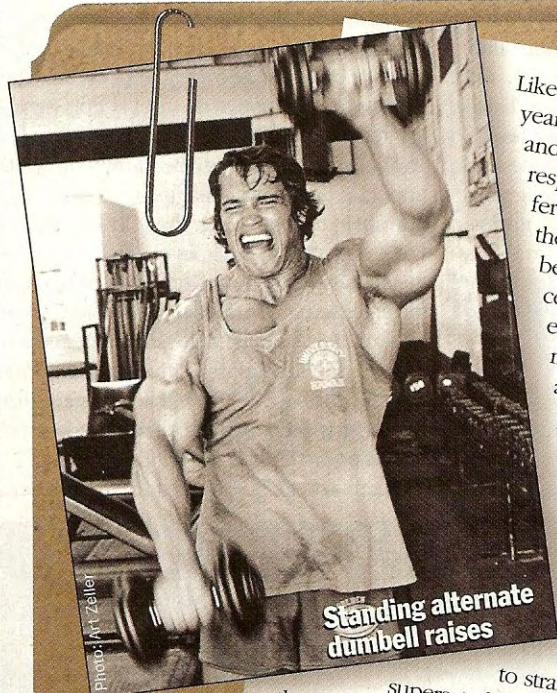


Photo: Art Zeller

Standing alternate dumbbell raises

Like all bodybuilding champions, over the years I have experimented with every deltoid and trap exercise in the book. Not everyone responds well to every exercise. I am no different. Through trial and error I discovered the deltoid and trap exercises that worked best for me. I suggest you do the same. Yes, certainly try my favorite deltoid and trap exercises, but do not be afraid to experiment with others. Just remember to design a program that will bring up your weak points. Your goal should be to create symmetry, proportion and balance in addition to mass and size.

SEE ATTACHED LIST ▶

When in a precontest training phase I would do nine of the 12 movements each workout to bring out cuts, detail, separation and definition. Usually I stuck to straight sets but occasionally I would do some supersets for extra pump and intensity. Sometimes I did the rack drop sets of Arnold presses I'd do a cycle of six drops without any rest, starting with 90-pound dumbbells and working down the rack to the 40s. I repeated this sequence three times for a total of 18 sets. After that my delts would be so pumped that I could hardly lift my arms overhead!

SECRET ARNOLD EXERCISE LIST

Over the years I managed to pare down my list of most effective *deltoid* exercises to these nine:

1. Rotating Arnold presses
2. Standing dumbbell lateral raises
3. One-arm cable side laterals
4. Lying one-arm dumbbell raises
5. Seated behind-the-neck presses
6. Seated dumbbell presses
7. Seated military front barbell or Smith-machine presses
8. Standing alternate dumbbell raises
9. Bent-over dumbbell laterals

For my *traps* I generally did one of the three following exercises:

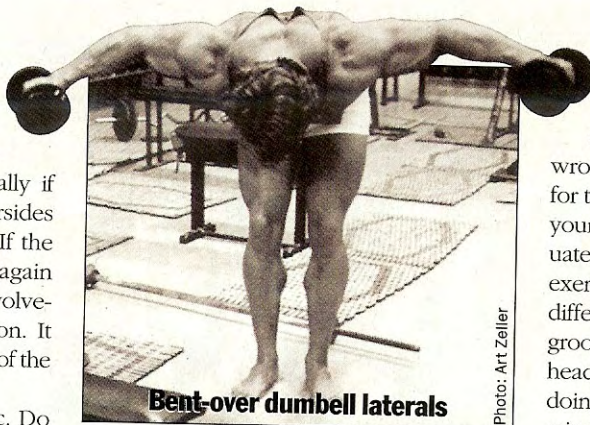
1. High pulls
2. Upright rows
3. Shrugs

Photo: Darrell Lighton

and work the rear head hard too.

As in dumbbell pressing, I concentrated on keeping my little fingers higher than my thumbs in the top position. This position occurs naturally if you keep your palms and the undersides of your forearms facing downward. If the thumb is higher than the little finger again that is a sign of excessive front-delt involvement and a loss of side-head isolation. It also means the palms and undersides of the forearms are forward, not down.

Lift the bells in a wide, smooth arc. Do not swing them. Pause at the top to tense and squeeze your delts and then lower the bells slowly to take advantage of negative resistance. Merely dropping the dumbbells greatly reduces the effectiveness of the exercise.



When doing laterals always keep a little bend in the elbows. Do not lock your arms out or you limit the amount of weight that can be used effectively, resulting in less mass. Most of all, concentrate on feeling the stress in the target head. If

you are working your side head and you feel the burn and pump in the front head, you know your form is wrong. If you are doing bent-over laterals for the rear head and you feel your traps or your triceps, but not your rear delts, reevaluate your form. Don't just keep doing the exercise the same way. Experiment with different angles and arcs until you find the groove that lets you totally isolate the rear head. That's good advice whether you're doing front raises for the front head, side raises for the side head, or bent-over raises for the rear head. Discover the methods that best permit you to work the muscle hard. Only through experimentation can you personalize each of the movements of your routine. Your body will tell you what it needs if you listen to it.

TRAPS

Three basic exercises work the traps: shrugs, high pulls/power cleans and upright rows. Depending on your needs, I suggest picking two movements and doing 4 sets of each.

The traps respond best to heavy weights, but always try to use full reps. Too often I see bodybuilders using superheavy weights on shrugs and doing tiny bouncing reps in which their shoulders and traps hardly move at all. This type of training is good for the ego, but it does not give the traps a good workout. I preferred to do dumbbell shrugs

because I got a greater range. I would raise my shoulders and traps as high as I could. (The old adage about trying to touch your traps to your ears is a good one because it encourages a full range of motion.) Pausing

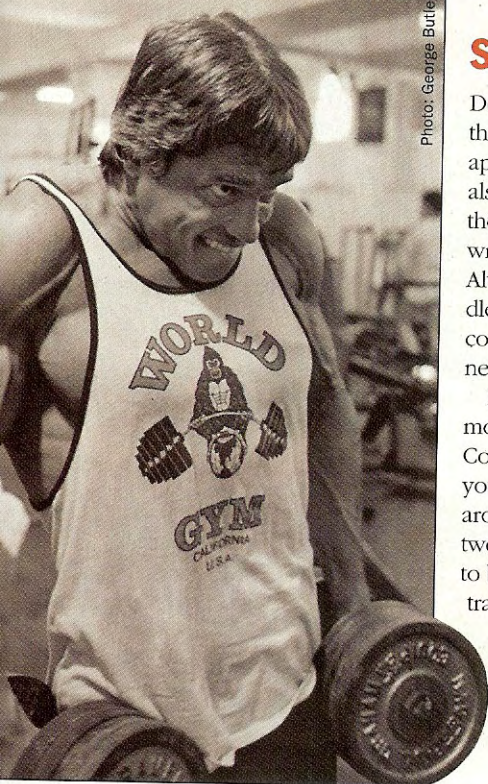
Whether you are doing power cleans, high pulls, upright rows, or a variation of shrugs, try to think the action into the traps. Use deep concentration and do each rep deliberately. Do not just go through the

“ Superheavy weight and tiny bouncing reps are good for the ego, but they do not give the traps a good workout. To get great shoulders you need a full rage of motion.”

at the top to squeeze and tense my traps gave a peak-contraction effect. Then I slowly released back to the starting position.

Motions. Motions mean nothing. It's muscle action you're after – a burn and pump in the muscle – not motion.

Dumbbell shrugs



SOME FINAL THOUGHTS

Deltoid training looks deceptively simple to the eye but is much more difficult than it appears. This fact applies especially to laterals and dumbbell presses. Pay attention to the details concerning positions of hand, wrist, elbow, palm, thumb and little finger. Always use as much weight as you can handle with good form. Train progressively and constantly strive to add more resistance, but never at the expense of strict exercise form.

Do each exercise with a full range of motion. Half-reps build only half-muscles. Concentrate fully on each exercise. Keep your mind on your workouts. Don't fool around or spend time talking to friends between sets. Superintense training is required to build large, fully developed deltoids and traps. This is the law of bodybuilding. You get out of your workouts only what you put into them.

Be consistent in your training. Missed workouts slow progress. The only time you should miss a workout is when you are ill or you truly

feel overtrained. Constantly evaluate your progress. If you feel tired and overtrained, cut back your workouts by a few sets. Pay special attention to your diet. Make sure you get enough protein and calories to promote growth. Hard workouts achieve nothing if you follow a poor diet. ♦♦♦

FAILURE TO GET MAX PUMP IS CAUSED BY ...

Your deltoids and traps must be completely pumped up before you leave the gym. Failure to get a good growth pump is usually due to one of the following:

1. You do not train hard enough.
2. You rest too long between sets. (Limit rest to about one minute between sets except on your heaviest sets of presses.)
3. Your diet is inadequate.
4. You do not get enough sleep and rest to promote recovery between workouts.

Big cannonball delts and wide shoulders can be yours. It's all a matter of wanting them badly enough to work for them. **You can do it!**

FROM MERELY MASSIVE TO ASTOUNDING!

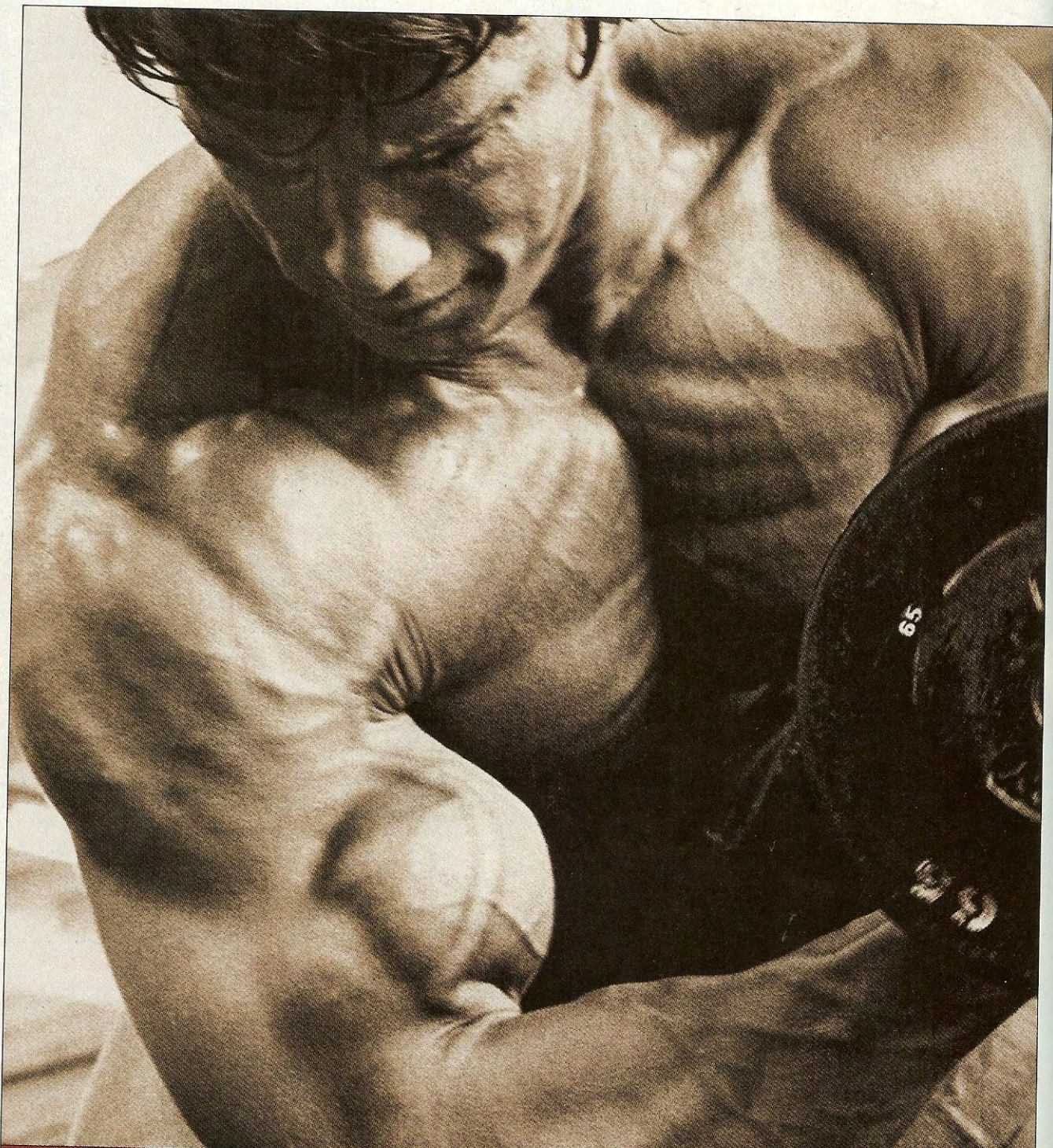
How I built my massive 22 1/2-inch arms

When I first became involved in bodybuilding as a skinny 15-year-old kid in Graz, Austria, I was already six feet tall, but weighed only 150 pounds. My arms were like pipe cleaners. I was determined that they would not stay that way for long, however, especially after I saw pictures in the American muscle magazines of great champions like Jack Delinger, Larry Scott, Ray Routhledge, Steve Reeves and, of course, my idol, Reg Park. They opened my eyes to new possibilities. I understood that if they had developed Mr. Universe bodies, I could too.

Building up my arms, especially my biceps, became very important to me. I had a long way to go to catch Reg Park, but I was raring to go. I was in a big hurry to reach my dream. I had an abundance of passion, unlimited enthusiasm for training and complete confidence in achieving my goal. Somehow at that young age I already understood the power of visualization and of positive thinking.

In my mind I had already planned out my entire life – and that included developing a physique like Reg Park's (when he won the Mr. Universe), becoming the best-built man in the world, moving to America, getting into movies, and achieving wealth and fame. Nobody could stop me from achieving those goals – nobody except myself. And that just wasn't going to happen. As long as I maintained a positive attitude and remained true to my plan, it would all come as surely as day follows night. I eliminated negative thoughts from my mind and the word "can't" from my vocabulary.





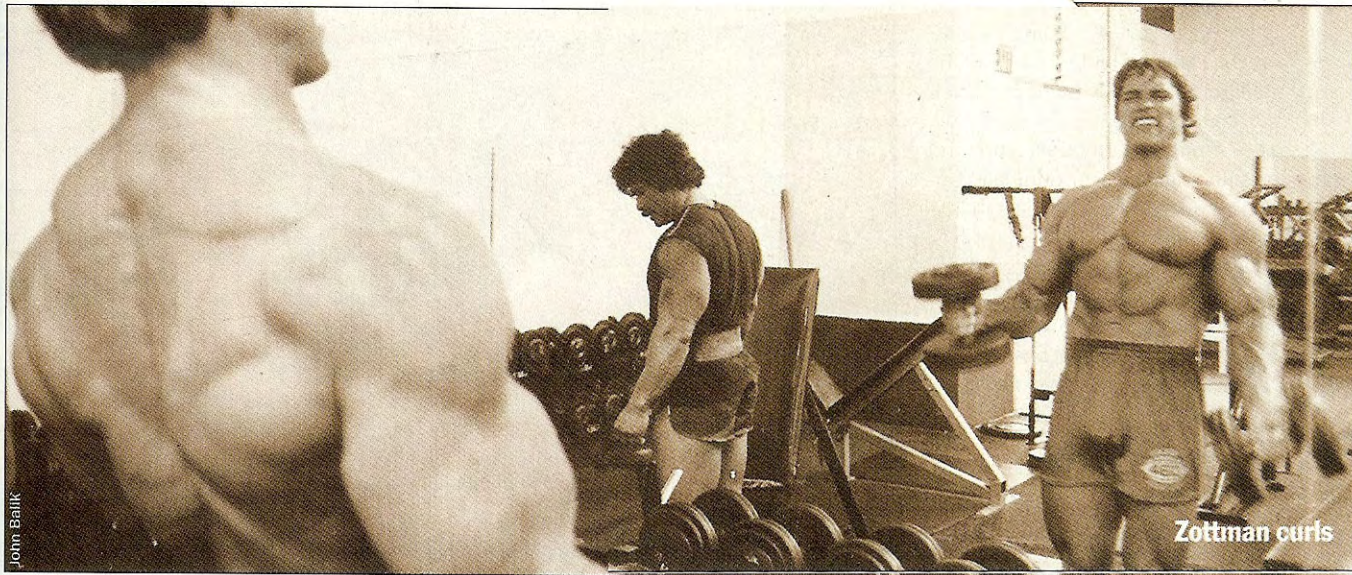
Succeed at bodybuilding and you'll have twice the strength to handle life.

When I trained in Austria and Germany before coming to America, my biceps routine consisted primarily of four exercises – cheating barbell curls, Zottman curls, incline dumbbell curls (Reg Park's favorite biceps exercise) and one-arm concentration curls. I was confident that these exercises would best help me to develop huge, thick, full, peaked biceps. Having so much confidence that I was doing the best

exercises eliminated any doubts or negative feelings I might have had. I trusted that these were the best biceps exercises for me, so I had much more enthusiasm and positive energy when I trained. They were the tools that were going to help me to create the arms I wanted. Eventually I developed very good peak and arms that measured over 20 inches.

When I first came to America I trained at Vince Gironda's gym for a while before

switching over to Gold's Gym. Everybody did preacher curls at Vince's because that was the exercise Larry Scott had used almost exclusively to develop his amazingly huge, thick 20-inch arms. Larry was a two-time Mr. Olympia winner, and almost an icon at Vince's. Naturally I tried preacher curls too. I reasoned that if they worked so well for Larry, surely I could grow from them also. But preacher curls did not work well for me at first. My biceps just did not



respond as well as they did with my usual tried and trusted movements. I did not feel them pumping up and responding the way they did with my regular biceps exercises. This lack of results created some doubt in my mind as to the effectiveness of preacher curls, so they never became a regular part of my biceps training.

Perhaps my biceps grew to become my best bodypart because I trained them the most. I did more sets for biceps than for any other bodypart when I first got into bodybuilding. I loved training them. I loved to pump them up until they felt as if they were bursting with blood. I loved to see them bulge and swell. I did not even know there was a muscle group called the triceps for my first whole year of training. I mostly knew pecs and biceps so that is what I primarily trained.

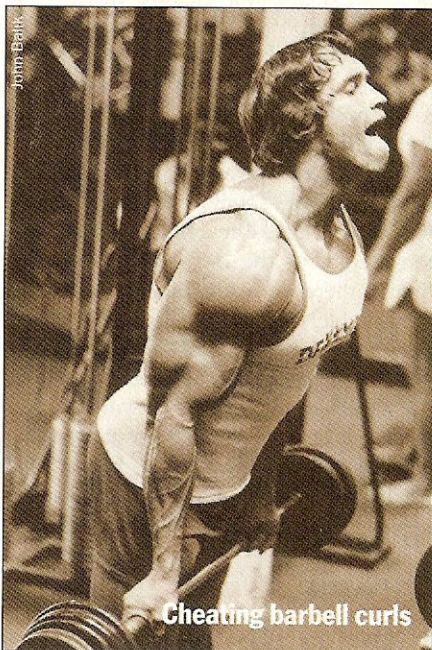
FLEXING

I was always flexing and tensing my biceps throughout the day. This practice gave me a better ability to feel and control them. Even as a novice I had good mind-to-muscle connection because of all the flexing. When I started doing curls with weights, my biceps responded right away.

As a bodybuilder you try to lift a weight through pure muscle action. Work the muscle as hard as possible. You're trying to maintain stress and constant tension throughout the set while keeping the mind in direct contact with the working muscle. At the same time you are tensing and squeezing the muscle, all while firing contraction impulses at it without letting up.

When you do curls, do biceps curls. When you do pushdowns, extensions or dips, make them triceps pushdowns, triceps extensions and triceps dips. Whichever exercises you're doing, make

the mind-to-muscle connection, lifting the weight with pure muscle action. Strive to work the muscle the hardest you can rather than getting caught up in an ego game of seeing how much weight you can lift. You're a bodybuilder, not a weightlifter.



Also, don't focus on counting reps. Just go until you can't do another. Then you're on your way to becoming a bodybuilder.

When is a weight too heavy for proper form? When you lose the feel of the target muscle, and other muscle groups are forced into play to assist in lifting the weight. Here is another well-kept secret of many champs. You can isolate and overload a muscle without doing reps that are 100 percent strict. Most pro bodybuilders train at 85 to 95 percent strict form, depending on the exercise and the time of

year (off-season or precontest). Too many novices and intermediates think of cheating and strict training as black and white concepts. They are not. It's not an either/or choice. There is a lot of gray area. Nearly all champions use a bit of body movement when they train.

Go by feel. Which amount of weight gives you a better pump and burn in the muscle – 95 pounds for 10 reps or 105 pounds for 6 reps? If you can handle 105 for 3 strict reps and 3 cheat reps, the weight doesn't matter as long as your biceps respond. But let's say you try 110 pounds and this time you can get only 2 strict reps plus 2 semicheat reps. You have to cheat so much on the last 2 reps that you lose the feel of the biceps. The last 2 reps are all legs, back and shoulders. In that case you probably would be better off for the time being to stick with 105 pounds. As your strength and development improve, you add a few pounds to the bar whenever you can. When you can get the same biceps pump and exhaustion with 110 pounds, it's time to add weight again. Whether the weight is 95, 110 or 120 pounds is irrelevant. What matters is how well your biceps respond to the weights you are using.

Curling exercises for the biceps can also be classified in two different development categories – those for building mass and those for improving shape, peak and definition. When I started out, a clear distinction was made between cheating barbell curls and strict barbell curls. They were two distinct exercises. Cheating barbell curls were thought to be the number-one biceps mass-builder because heavier weights could be used. Strict barbell curls were known more as a shaping exercise. Nowadays people just talk about

barbell curls – meaning strict curls.

My two main mass-building exercises were the cheating barbell curl and the incline dumbbell curl. My two main shaping and peaking exercises were the alternate supinating dumbbell curl and the freestanding one-arm dumbbell concentration curl. Twice a week when I was in heavy training I did 5 sets of 6 to 10 reps of each exercise. That's 10 sets for mass and 10 sets for shape, peak and definition. These four exercises generally constituted my entire biceps routine. If I did these correctly, I did not need anything more.

HERE IS HOW I PERFORMED EACH MOVEMENT

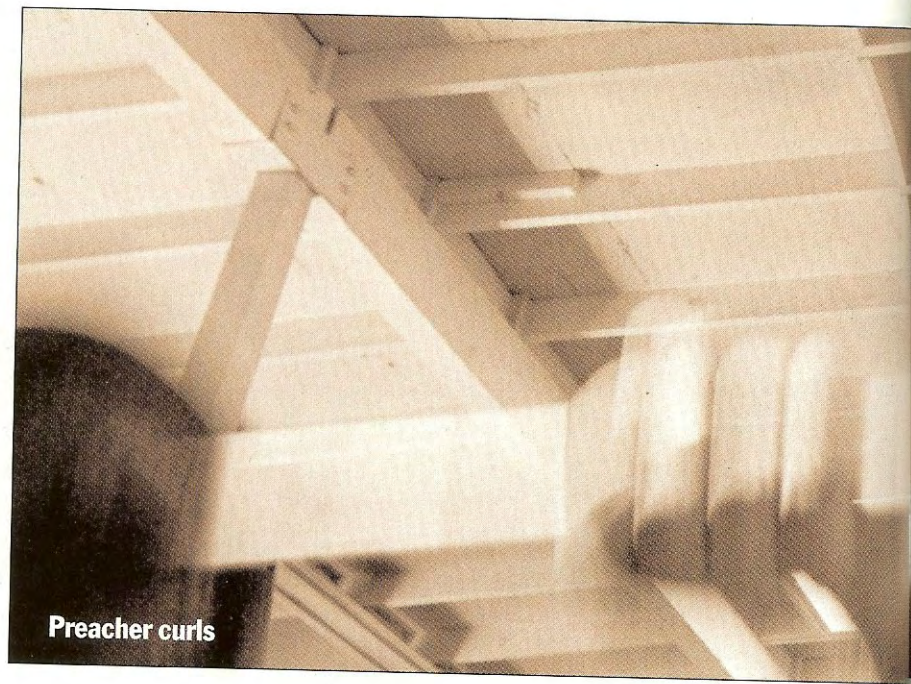
CHEATING BARBELL CURLS

This was my main biceps mass builder. I used extra heavy weights to overload the biceps – especially the large belly of the muscle that creates most of the mass. I worked up to very heavy weights on cheat curls early in my career. At the 1966 NABBA Mr. Universe contest I came out onstage and cheat-curlled 275 pounds for 3 reps. you must be careful, however, that you cheat to make your biceps work harder, not to make the exercise easier. Anyone can pick up a heavy bar and heave, swing or toss it up using mostly the legs, delts and back. All that does is deny the biceps work. If you do cheat curls like that, you're just wasting your time and energy. Stick to strict barbell curls instead.

Learning to do cheat curls properly takes time and intelligence. You want to put extra workload on the biceps. You might say there is smart cheating and dumb cheating. Smart cheating is good cheating. Dumb cheating is bad cheating that is good only for the ego, not your muscles. Such training is only about getting a heavy weight up any way you can. It has nothing to do with bodybuilding or biceps building. Your goal should be pure biceps muscle action.

When you do cheat barbell curls, start with a grip slightly greater than shoulder width. Lock your wrists. Do not let them bend. At the top of the movement the bar should not fall into the shoulders, as this relaxation takes tension off the biceps. If you keep your wrists locked the bar cannot touch the shoulders because your flexed biceps will stop it.

Besides your wrists, be conscious of your elbows. Keep them close to your



Preacher curls

sides throughout the exercise. When the weight is too heavy, the elbows tend to come away from the body and the shoulders dip down and forward to assist in lifting it. Keep your elbows pointing mostly downward throughout the entire range of motion, and your biceps will be forced to do most of the lifting.

If you keep your palms facing up throughout the movement, with your chest arched and your shoulders down and back, you should have a feeling of being under the weight as the bar comes up. Even though there is a natural tendency to lean back slightly on the cheat curl, always try to keep the elbows in tight to the body and pointing down. Do not let them flare out to the sides or go back or forward. If you study any photographs of me doing barbell curls or standing dumbbell curls, you will notice that my palms remain up and my elbows down through almost the entire range of motion.

I suggest that you pyramid up in weight each set and the reps come down. Your five sets might look like this: 1 x 10, 1 x 8, 1 x 6, 1 x 5 or 6. Your last set should be your heaviest. Try to have a training partner assist you in a forced rep or two by placing a finger under the bar on the last couple of reps.

INCLINE DUMBBELL CURLS

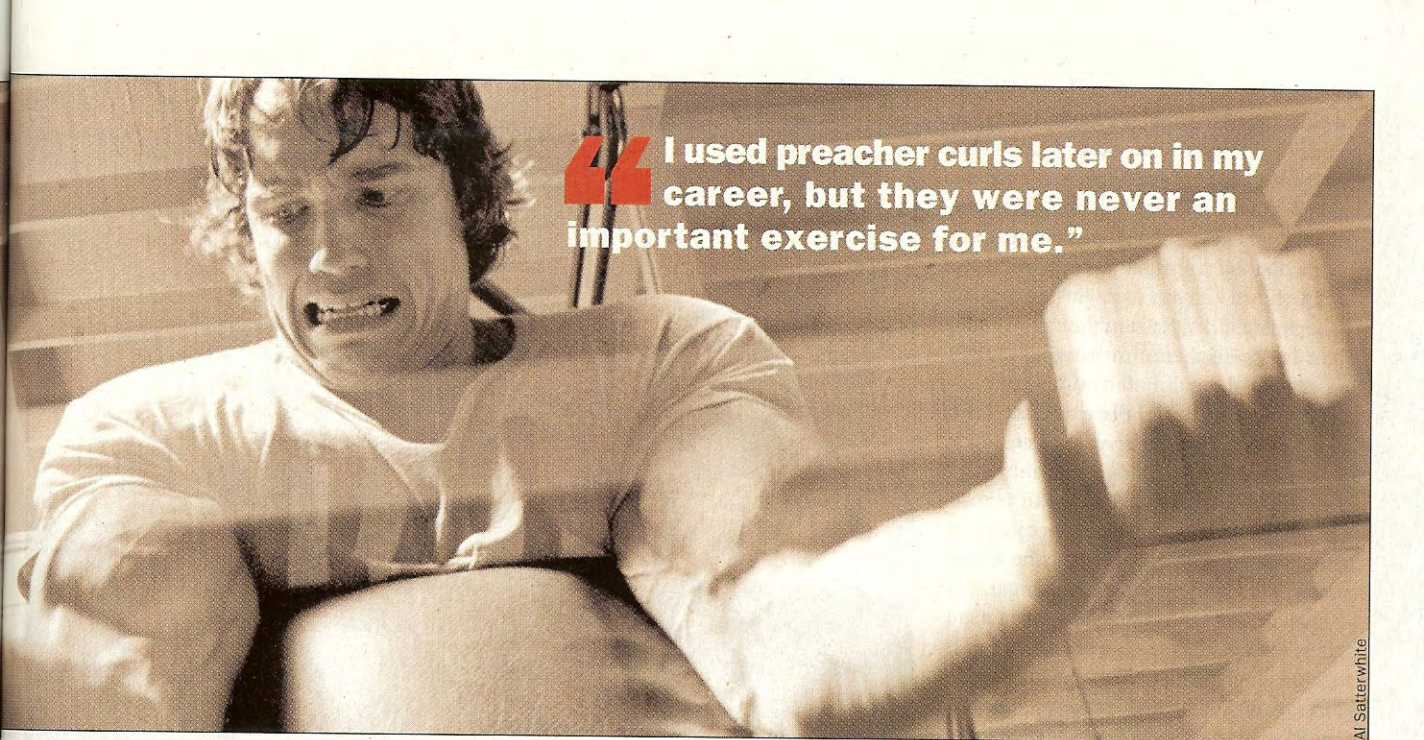
This was my second mass-building exercise. Incline dumbbell curls were a favorite of both Steve Reeves and Reg Park. I'd lie back on an incline bench set no higher than 45 degrees. I preferred a low angle because it permitted the biceps to fully extend at the bottom of the curl while

still remaining under tension. The farther you extend the arms back, the stronger the stretch on the biceps. A basic rule of exercise physiology says that the more a muscle is stretched and under the tension at the beginning of a movement, the harder it can contract at the finish. As well, more muscle fibers are involved in the contraction of the muscle. These factors add up to more muscle growth.

As with the barbell curl, it is important to lock your wrists and keep your palms turned up and your elbows pointing down, not back or forward or flared out to the sides. Try to keep your palms parallel to the floor as the bells are curled up. Do not let your hands turn in.

Start the exercise with the arms straight down and the biceps stretched and under tension. Keep your chest arched and your shoulders down and back. You should have the feeling that your hands are slightly behind your elbows – which are a little forward – in the starting position, placing extra stretch on the biceps.

The natural tendency when doing incline dumbbell curls is to lift the dumbbells with the front deltoids rather than the biceps, or to swing the bells upward. A little trick I learned to help better involve and isolate the biceps is to hold the elbows slightly forward when curling the dumbbells. Get that under-the-weight feeling again with the palms of the hands. This sensation is possible only if the palms are facing up and the elbows are tight into the body and pointing down. If you allow your shoulders to move forward, the deltoids will take over. Do not let that happen.



“ I used preacher curls later on in my career, but they were never an important exercise for me.”

Al Satterwhite

STANDING ALTERNATE DUMBBELL CURLS

This is a great biceps exercise because it really allowed me to isolate the biceps well. I could supinate my wrists as with the supinated incline curl and squeeze the biceps very hard in the fully contracted position for extra peak. If you do this movement correctly, you should feel a little cramping in the outer heads of the biceps as you twist your wrists and force your little fingers higher than the thumbs.

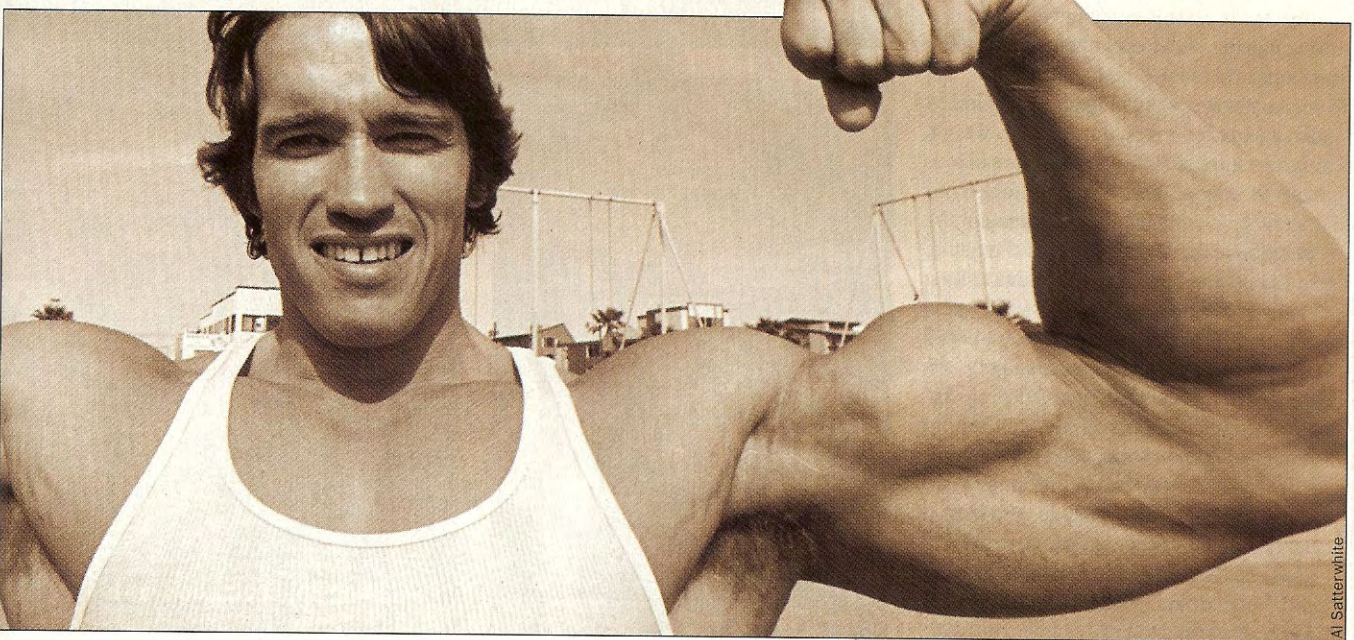
There is always the danger of swinging the bells up or lifting with the traps and deltoids if the dumbbells are too heavy for proper form. You'll know your form is off if you lose the feel of the biceps, or if the elbow or the front delt is allowed to move forward. Remember, only the forearms move. The elbows stay pinned to the sides of your body and point down throughout the exercise. Until you get the action down, I suggest you practice with only moderately heavy dumbbells. Do 5 sets of 8 to 10 reps.

FREESTANDING ONE-ARM DUMBBELL CONCENTRATION CURLS

This is a fantastic exercise for giving peak to the biceps. Many people do their concentration curls while seated on a bench, anchoring the elbow of the working arm on the inside of their knee. This version does not allow for as much cramping/peaking action of the biceps as the freestanding version does.

While the concentration curl might seem simple to do, proper performance of it is actually very difficult. Each curl is critical, so pay special attention to correct technique. Study photographs of me doing the exercise.

“ Try freestanding concentration curls to develop your biceps peak.”



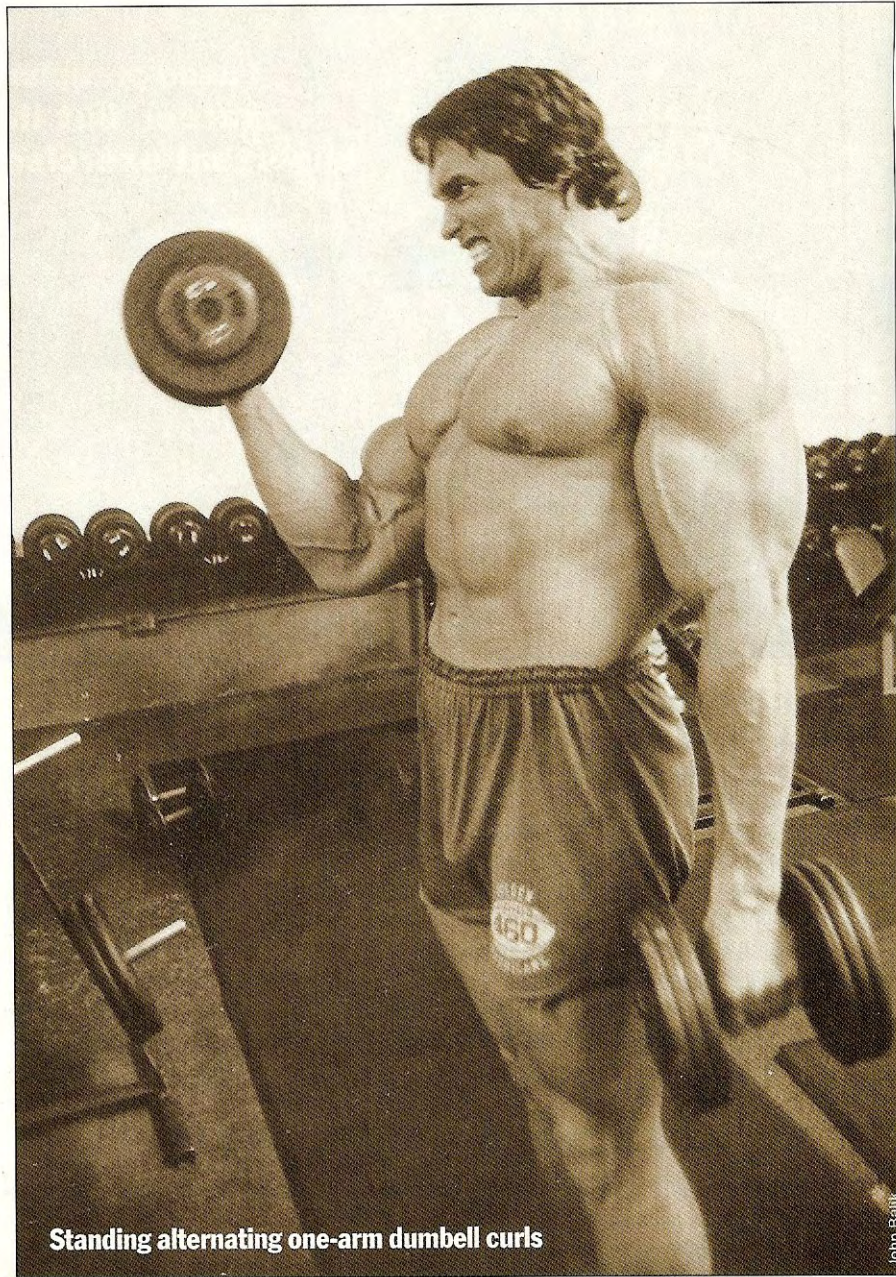
Al Satterwhite

Start by bending over at the waist with the dumbbell hanging straight down in your right hand. Support your upper body by bracing your left hand against your left knee. Before beginning the curl, twist your wrist so that your palm faces back. Extend the right hand beyond the right shin to create extra stretch on the biceps. Most people start their concentration curl with their arm hanging straight down and the palm of their hand already facing upward. Try this instead: Turn your wrist so that your palm faces back and toward your body. Pull the hand beyond the right leg until the arm is completely straight and the biceps is stretched. Don't forget that the more stretched a muscle is at the beginning of a movement, the harder it contracts at the finish. Since the concentration curl is almost entirely a peak contraction exercise, getting as much prestretch at the bottom as possible is vital for maximum peak contraction.

PROPER FORM

You must be very careful to curl the dumbbell up using biceps strength only, not to lift it with the deltoid. To do this you must keep your palm facing up and your elbow pointing down at all times. The upper arm never moves – only the lower arm. Curl the dumbbell across your body, but slightly out and away from the body at the same time. Most people curl the dumbbell across the body and into their left deltoid. This means they allow their wrist to turn in with the thumb higher than the little finger. This is wrong. You want your wrist to turn out and away from your deltoid, with the little finger higher than the thumb. It is this supinating action – turning the wrist out – that cramps the biceps and creates peak.

As always, you must get that under-the-weight feeling as you curl the weight up to contraction. This sensation comes with practice. You want to feel your biceps brace against the resistance of the weight to take all the stress and tension. Hold in the fully contracted position for a count of two, squeezing and tensing the biceps as hard as possible. You should see the peak of your biceps bulge at the top of the movement if you do it properly. You should also feel a cramping sensation. Then slowly lower the dumbbell back to the starting position and curl for as many reps as possible. When you have completed the set, switch arms and do a set for the left arm. Alternate back and forth, doing 5 sets of 10 to 12 reps with each arm altogether.

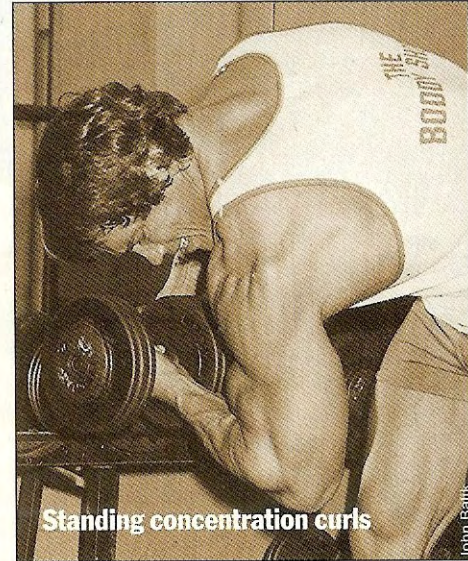


Standing alternating one-arm dumbbell curls

John Balik

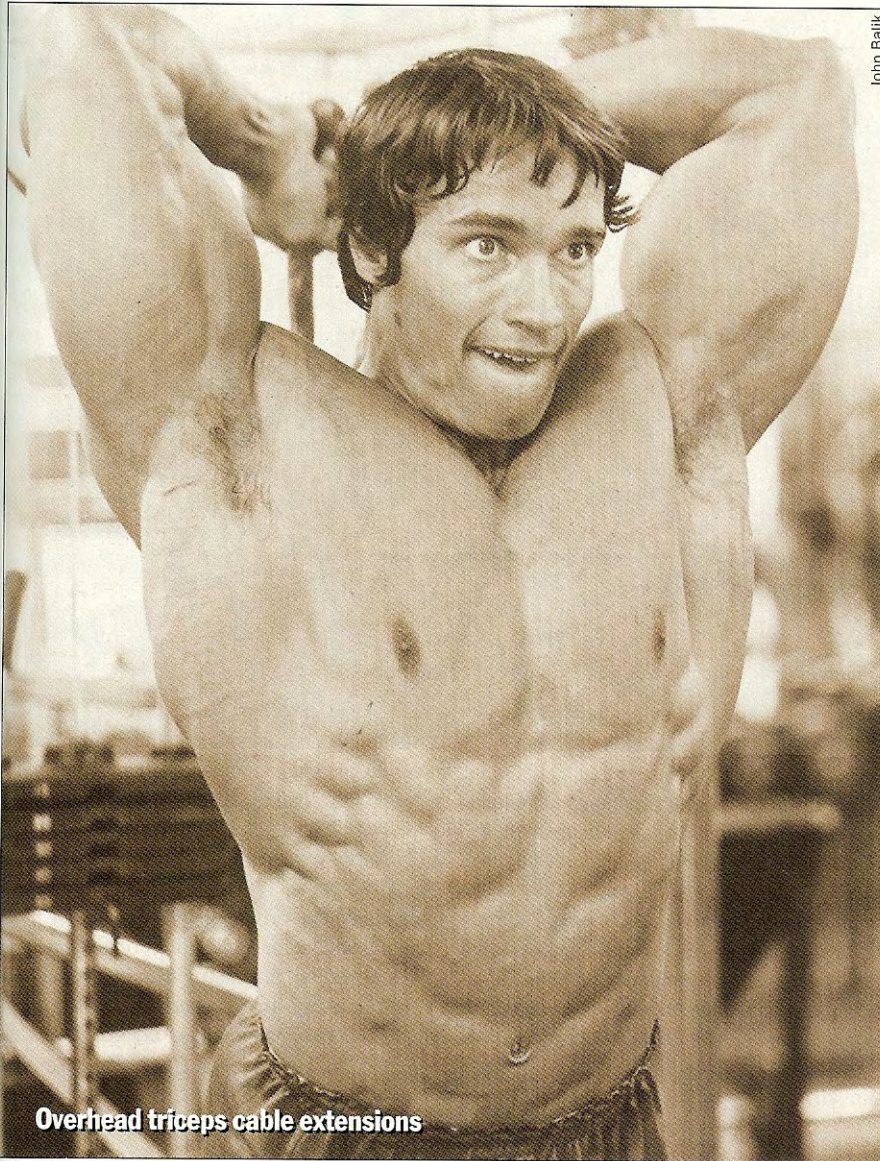


John Balik



Standing concentration curls

John Balik



John Balik

Overhead triceps cable extensions

TRICEPS

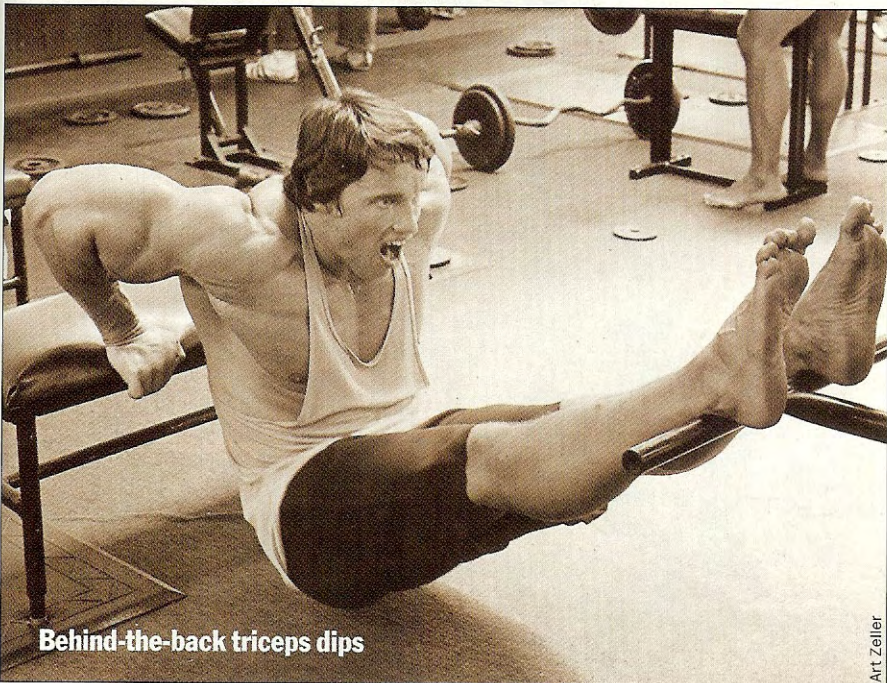
My triceps took a long time to catch up to my biceps because of my sheer ignorance. I neglected my triceps totally for the first couple of years of training. I did not realize that two-thirds of upper-arm mass comes from full triceps development. Even up until the time I won my second NABBA Mr. Universe title in 1968, my triceps still lagged behind my biceps. Only after I moved to California did I make a point of always doing 5 more sets of triceps exercises than biceps. I wanted to end the chatter once and for all that Arnold had weak triceps.

Early on I learned that with triceps training you have to be careful not to use too much weight for proper exercise performance and triceps isolation. Sure, you can use some pretty hefty poundage on weighted dips and close-grip bench presses, but if you try to use too much on triceps extensions you end up stressing the elbows. If you go too heavy on triceps pressdowns, you involve the deltoids, pectorals, forearms and even the abdominals. There's a fine but definite line between heavy and too heavy. You have to learn how to train right up to that line without crossing it.

I found I got better results by doing higher reps for triceps than biceps. Whereas I got excellent results by keeping my reps in the 6-to-10 range on biceps exercises, on triceps movements I kept my reps between 10 and 20. The only exercise in which I went higher than 20 reps was behind-the-back triceps dips with the feet elevated in front on a bench. This is a great finishing-off movement to really pump the triceps up.

You have to remember that the triceps has three distinct heads – the long head, the inner head and the lateral head. You can't properly develop all three heads with just one or two exercises. You have to use a variety of isolation movements to obtain complete development. Whereas my biceps routine seldom changed – and revolved around barbell curls, concentration curls and several variations of dumbbell curls – for triceps I used a far greater variety of exercises. The triceps movements I enjoyed doing included fixed-bar triceps extensions, kickbacks, one-arm pushdowns, lying triceps extensions, one-arm dumbbell extensions, dumbbell lying extensions, close-grip bench presses, seated French presses, pushdowns, weighted dips, and behind-the-back triceps dips with the feet elevated. I'd pick five exercises per workout from this list and do 6 sets of each movement.

I changed my triceps routine regularly, but here is an idea of how I generally



Behind-the-back triceps dips

Art Zeller

“Don't limit your arm development because you feel your small wrists mean limited growth.”

Wrist curls

trained triceps. To warm up my triceps and to give them a good stretch, I often began with fixed-bar triceps extensions. Stand in front of a fixed horizontal bar set at waist height. Grasp the bar with a shoulder-width overhand grip. Lock your arms out to support your weight, and then move your feet back until you are in a semipushup position, balanced on the balls of your feet. Bend your arms and duck your head under the bar as low as it will go. When you feel maximum stretch on the triceps, press forward with your hands and raise yourself back to the starting position, arms once again locked out. Do 3 sets of 15 to 20 reps as a warmup.

This exercise also makes a great finishing movement. After your triceps are too fatigued to do any more sets of dips, extensions or pushdowns, 2 or 3 sets of fixed-bar extensions are the icing on the cake that takes your triceps to total exhaustion.

With my triceps warmed up, I almost always began the workout proper with triceps pushdowns on the lat machine. I'd do 2 or 3 sets of 20 repetitions with a moderately heavy weight to further warm up my elbows and to force a lot of blood into the triceps muscles. I'd keep my elbows pressed into my sides and my hands over the bar, not wrapped around it. I think this is a movement you should do strictly, smoothly, deliberately, using deep concentration. I would push the bar straight

down until my arms locked and my triceps contracted. Then I'd slowly return to the starting position at midchest level and mentally prepare for the next rep.

At the completion of 20 reps I'd do 6 half-reps, or burns. If I wanted to bomb the upper section of the triceps, I did the burns from the top to halfway down. If I wanted to target more of the lower triceps, I did the

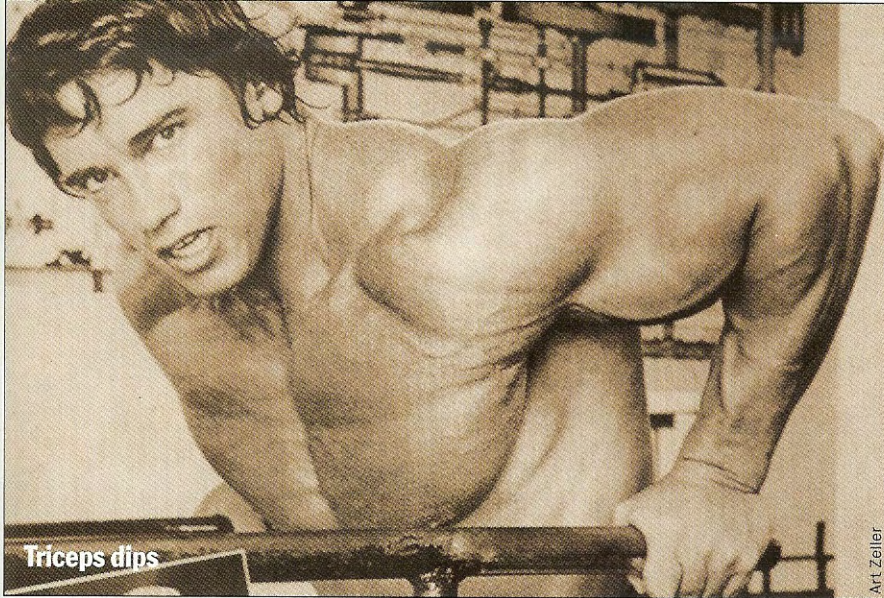
burns from halfway down to full lockout.

Then I'd put on some extra weight and do 3 or 4 more sets, keeping the reps around 10 to 12. Sometimes I varied the width of the grip to hit the triceps a little differently. The style depended on my mood and what I felt my triceps needed.

When my triceps were nicely pumped up from the pushdowns, I'd go to seated



Reverse wrist curls



YOUR ARNOLD ARM ROUTINE

BICEPS

Cheating Barbell Curls

(5 pyramid sets going up in weight)

- 1 sets 10 reps
- 1 sets 8 reps
- 1 sets 6 reps
- 1 sets 5 or 6 reps
- 1 sets 1 or 2 assisted reps

Incline Dumbbell Curls

(45 degree incline)

- 5 sets 8 to 10 reps

Standing Alternate

Dumbbell Curls

(Moderately heavy)

- 5 sets 8 to 10 reps

Freestanding One-arm

Dumbbell Concentration Curls

- 5 sets 10 to 12 reps each arm

TRICEPS

(Pick 5 or 6 of these exercises)

- 5 or 6 Sets 10 to 20 reps

Fixed Bar Triceps Extensions

Kickbacks

One-arm Pushdowns

Lying Triceps Extensions

One-arm Dumbbell Extensions

Dumbbell Lying Extensions

Close-grip Bench Presses

Seated French Presses

Pushdowns

Weighted Dips

Behind-the-back Triceps Dips

with Feet Elevated (A great finishing exercise. Do reps to failure!)

FOREARMS

(Every other day)

Reverse Curls

5 sets to failure

Wrist Curls

5 sets to failure

French presses, doing 5 sets of 12 reps. I preferred to do this exercise seated because I could lean back on a bench – a preacher bench turned backwards is good – for extra back support, which encourages better form. I used an EZ-curl bar and did my sets strictly. I always tried to keep my reps strict and smooth. Making sure to keep my elbows pointing up toward the ceiling, I'd slowly lower the bar all the way until my triceps felt a strong stretch. Without stopping at the bottom I immediately pushed the bar up about one inch short of full lockout.

Seated French presses might be followed by one-arm dumbbell extensions. You have to use a full range of motion and strict form on this exercise to get the best results. Keep your elbow close to the side of your head and pointing up at all times, do not let it drift off to the side. Lower the dumbbell all the way down until the triceps fully stretches. In one smooth movement return the bell to just short of full lockout. Shoot for 5 sets of 12 reps with each arm.

I'd finish by doing behind-the-back triceps dips with my legs propped up in front of me on a bench. These dips would give me a fantastic pump to end the workout. Sometimes I'd have my training partner place a barbell across my thighs as I dipped. When I hit muscular failure he would remove the barbell and I'd continue on to failure once more. What a burn! What a pump! Generally I did 5 sets of 20 to 30 reps.

That would be a typical workout. If I was feeling my oats and felt my triceps needed more work, I might finish off with 5 more sets of triceps pushdowns, which would make for 25 sets of intense triceps work. Some might say this is too much, but I thrived on hard work and lots of intense

sets. If each individual triceps head is looked upon as a separate muscle group, the work averaged out to a little more than 8 sets per head.

FOREARMS

No arm article would be complete without a discussion of forearm training. Some people are fortunate in that their forearms grow large and full just by gripping the bar hard when doing arm and upper-body exercises. I was not that lucky. As with my triceps, I totally neglected forearms early in my career. My forearms were not small, but they were definitely out of proportion with my upper-arm development. When I came to America and saw the amazing forearms of Chuck Sipes, Bill Pearl, Larry Scott, Dave Draper and Sergio Oliva, I began specializing on them.

My forearm program was generally based on reverse curls and wrist curls, 5 sets for each exercise. I did these every training day, six days a week. Often I'd superset them for 5 sets each to create extra intensity and pump. I took each set to failure until my lower arms were bursting with pump.

Don't put limits on your arm development. Don't believe because your wrist is a certain measurement that you cannot develop large arms. Serge Nubret had wrists under seven inches and yet he succeeded in developing arms over 20 inches. Don't believe because you're short that you cannot develop massive arms. Danny Padilla was short, but his arms were amazingly full, hard and muscular.

Picture your arms as you want them to be. Set a goal for developing an impressive pair of arms. Then train like hell to get them. ♦♦♦