



**BICEPS
INVIGORATE!**

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3 Methods to Inject Life into your Biceps Routine

Note: Please don't read this document and then forget about it. Make an effort, even if in just one gym session to apply some of the ideas presented here and you will see improved results. The content is targeted to more intermediate and advanced bodybuilders than beginners.

Biceps Invigorate!

Although these techniques are presented for your biceps training, they can be applied to almost any body part. When applied correctly they really can inject new life into and deliver improved results from your gym routine.

1. Negative Movement

The negative phase (lowering of the weight) is easier than the concentric (lifting) phase of the movement. The negative motion is shown to have up to 1/3 more strength capacity, but is often neglected by weight trainers that do not fully control the weight during the movement.

For arm training the best use of negative movement is to considerably slow down this part of the movement. Don't speed through barbell curls at a normal speed of a 1 count up and a 1 count down.

Instead slow the negative down to a 3-5 count. Using a slower negative the muscles remain under tension for longer. With this (up to 200%) increase in tension you'll affect more muscle fibres than a 'regular' set. This sets the muscle up for increased growth.



Biceps training can be invigorated to improve results.

2. Partial Movements

A partial repetition is defined as only moving the muscle through a specific part of the movement. With any specialised exercise, your body will be stronger during certain sections of the movement.

To maximise benefits from the increased intensity of partials you would complete the full motion of the exercise to failure (until you cannot perform another correct rep).

Now, complete additional 'partial reps' of the movement for additional repetitions. Eg: For bicep curls – complete full curls until failure, then add additional reps only $\frac{1}{4}$ to $\frac{1}{2}$ way up.

Partials can effectively add intensity to your workouts. This intensifier should not be used for all exercises though as it not safe for some. Partials work extremely well for exercises like bicep curls, hamstring curls, leg extensions, and even some chest pressing movements.

You should not use them for exercises like squats because the risk outweighs the benefit.



The biceps can grow more quickly when trained correctly.

3. Compound Sets

A compound set involves the completion of 2 exercises back to back without rest for the same muscle group.

Example: Dumbbell Curls using compound sets:

1. Complete a normal set of seated dumbbell curls.
2. Then immediately complete a set of standing hammer curls. In this example you would reach failure with the failure with the first set, but with the new exercise you would be able to complete additional reps to further exhaust the muscle. This is due to the difference in the movement angle of the second exercise, despite targeting the same muscle group.

Here is an example of how we could include the above proposed intensifiers in a biceps routine:

Sample Biceps Routine:

- 2 Sets of warm up curls using a light weight.
- **NEGATIVE:** Barbell Curls with extended 3 second negatives (3 sets of 8)
- **PARTIALS:** Reverse Barbell Curls (3 sets of 10 + 10 partial reps)
- **COMPOUND:** Seated Dumbbell Curls + Standing Alternate Hammer Curls (3 sets 10+6 reps)