

W[®]



SIMEON PANDA

Height: 185cm / 6' 1" Chest: 122cm / 48" Waist: 76cm / 30" Hair: Black Eyes: Brown

TRISSET

EXERCISE 1 Standing EZ-Bar Curl
TARGET: Biceps long and short heads
SETS + REPS: 2 sets of 6 to 8 reps
BACK-OFF SET: 1 set of 6 to 8 reps

THE LOWDOWN: On your first week, increase the weight when your second set is an 8-rep set. Check a weight that you can lift for 10 to 12 reps with good form.

START POSITION: Stand tall with your chest out and shoulders back. Grip the bar with your hands shoulder-width apart and your feet under the bar. Bend your knees slightly and lean forward from the hips. Hold the bar just below your thighs with your elbows tucked into your body, and arms extended.

MOVEMENT: Contract your biceps to lift the bar. As you lift, lean your torso back to maintain a flat back. At the top of the lift, your arms should be parallel to the floor. Lower the bar slowly and under control to the start position.

AT THE TOP: In the fully contracted position, the biceps are under the most tension. To maximize this tension, you can lean back slightly more than you did at the start of the lift. This will help you maintain the tension on the biceps.

AT THE BOTTOM: A common mistake is to drop the elbow and the hand. This will reduce the tension on the biceps. To maximize the tension, you should keep the elbow and hand in the same position throughout the lift.

EXERCISE 2 One-Arm Standing Cable Curl
TARGET: Biceps long and short heads
SETS + REPS: 2 sets of 10 to 12 reps
BACK-OFF SET: 1 set of 10 to 12 reps

THE LOWDOWN: Unlike with dumbbells, the cable allows you to turn your body to slightly alter the angle of pull. Cables also provide constant tension from the bottom to the top, so heavy pulls are more effective all the way through the move with no "resting points."

START POSITION: Attach a D-handle to the lower pulley and stand alongside the cable, grasping the handle with your inner hand using an underhand grip. Your arm is extended. Stand tall with your chest out and shoulders back, pinning your working-side elbow to the bench and moving back and forth to pull the cable. Your feet should be shoulder-width apart on the floor.

MOVEMENT: Keeping your elbow pinned to the bench and perpendicular to the floor, slowly approach your chest with your arm. As you approach your chest, contract your biceps to pull the bar back to your start position. After your first set, increase the weight when your second set is an 8-rep set. Check a weight that you can lift for 10 to 12 reps with good form.

AT THE TOP: In the fully contracted position, the biceps are under the most tension. To maximize this tension, you can lean back slightly more than you did at the start of the lift. This will help you maintain the tension on the biceps.

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IF THE SAYING "DESPERATE TIMES CALL FOR DESPERATE MEASURES" SUMS UP YOUR APPROACH TO ARM TRAINING, CHANCES ARE YOUR MORE-IS-BETTER ROUTINE ISN'T WORKING.

And if the common push/pull split that suggests you do your biceps after back and triceps after chest isn't leaving your arms only mildly pumped, then we have your answer. It's time to open up the inflation valve.

For starters, let's give the spine a little extra support by including the larger bodyweight squats and deadlifts in your routine. These two exercises are essential for building a strong, stable core. Next, work on your biceps. Instead of just performing one biceps exercise and then moving on to the next, you can combine biceps training with other exercises. For example, you can do a biceps exercise followed by a triceps exercise. This will help you maintain the tension on the biceps throughout the lift.

TRISSET

EXERCISE	SETS	REPS
Standing EZ-Bar Curl	2	6-8, 6-8, 6-8
EZ-Bar Triceps Press	2	In between
One-Arm Standing Cable Curl	2	10-12, 10-12
Triceps Press	2	10-12, 10-12, 10-12
One-Arm Standing Cable Curl	2	10-12, 10-12, 10-12

EXERCISE 3 One-Arm Standing Cable Curl
TARGET: Biceps long and short heads
SETS + REPS: 2 sets of 10 to 12 reps
BACK-OFF SET: 1 set of 10 to 12 reps

THE LOWDOWN: Unlike with dumbbells, the cable allows you to turn your body to slightly alter the angle of pull. Cables also provide constant tension from the bottom to the top, so heavy pulls are more effective all the way through the move with no "resting points."

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MOVEMENT: Keeping your elbow pinned to the bench and perpendicular to the floor, slowly approach your chest with your arm. As you approach your chest, contract your biceps to pull the bar back to your start position. After your first set, increase the weight when your second set is an 8-rep set. Check a weight that you can lift for 10 to 12 reps with good form.

AT THE TOP: In the fully contracted position, the biceps are under the most tension. To maximize this tension, you can lean back slightly more than you did at the start of the lift. This will help you maintain the tension on the biceps.

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GEAR GUIDE

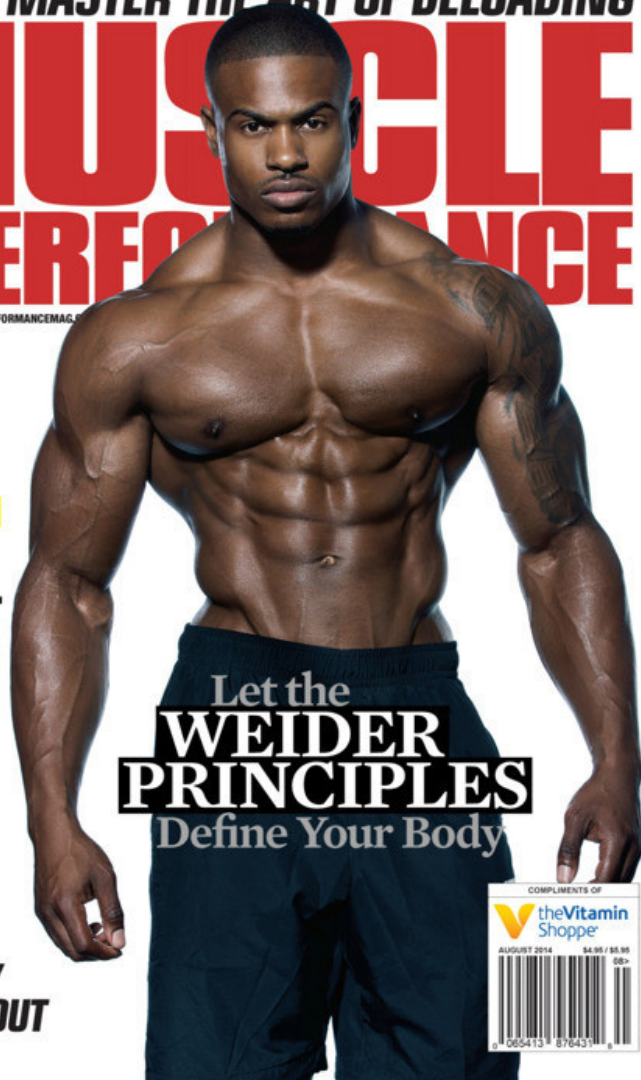
MAKE SURE
YOU'RE IDEALLY
EQUIPPED FOR
THE GYM

PERFECT PAIRS

DOUBLE UP
TO MAKE
BETTER MEALS

+ TRAINING TOGETHER

HIGH-
INTENSITY
AB WORKOUT



Let the
**WEIDER
PRINCIPLES**
Define Your Body



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