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**SIMEON PANDA**

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

**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 only leaves 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 body parts that typically come before back and triceps in your arm training. Next, we'll maximize recovery by performing two biceps exercises and then performing two triceps exercises. You can also add your muscle's "rest" time to the mix by increasing the rest time between sets. And finally, we'll give you a little extra support by including the larger body parts that typically come before back and triceps in your arm training.

**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 you use for the back-off set by 10% to 15%.

**START POSITION:** Stand tall with your feet hip-width apart and your knees slightly bent. Hold the bar just below your knees with your elbows tucked into your body. Grip the bar with your hands shoulder-width apart.

**MOVEMENT:** Contract your biceps to lift the bar. As you lift, your feet should move back to the floor. At the top of the lift, your arms should be fully extended and your hands should be directly over your head.

**AT THE TOP:** In the fully extended position, the bar should be directly over your head. You should feel a strong contraction in your biceps. Hold for a moment before lowering the bar back to the start position.

**AT THE BOTTOM:** A common mistake is to drop the elbow at the bottom of the lift. This will reduce the work spread from the elbow joint to the shoulder joint, taking away some stimulus off the biceps.

**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 there's no "dead" spots in the way through the move with no "rest" time.

**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 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 hip-width apart and your knees slightly bent.

**MOVEMENT:** Keeping your elbow pinned to the bench, pull the cable up towards your chest. As you pull, your head should move back to the floor. At the top of the lift, your arm should be fully extended and your hand should be directly over your head.

**AT THE TOP:** In the fully extended position, the bar should be directly over your head. You should feel a strong contraction in your biceps. Hold for a moment before lowering the bar back to the start position.

**AT THE BOTTOM:** A common mistake is to drop the elbow at the bottom of the lift. This will reduce the work spread from the elbow joint to the shoulder joint, taking away some stimulus off the biceps.

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

**AT THE TOP**  
In the fully extended position, the bar should be directly over your head. You should feel a strong contraction in your biceps. Hold for a moment before lowering the bar back to the start position.

**AT THE BOTTOM**  
A common mistake is to drop the elbow at the bottom of the lift. This will reduce the work spread from the elbow joint to the shoulder joint, taking away some stimulus off the biceps.

**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 there's no "dead" spots in the way through the move with no "rest" time.

**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 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 hip-width apart and your knees slightly bent.

**MOVEMENT:** Keeping your elbow pinned to the bench, pull the cable up towards your chest. As you pull, your head should move back to the floor. At the top of the lift, your arm should be fully extended and your hand should be directly over your head.

**AT THE TOP:** In the fully extended position, the bar should be directly over your head. You should feel a strong contraction in your biceps. Hold for a moment before lowering the bar back to the start position.

**AT THE BOTTOM:** A common mistake is to drop the elbow at the bottom of the lift. This will reduce the work spread from the elbow joint to the shoulder joint, taking away some stimulus off the biceps.



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HOW TO MASTER THE ART OF DELOADING

# MUSCLE & PERFORMANCE

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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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