

7 DAY ARMS ACCELERATOR

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ПЕТЕР ТЗЕМИС

7 ДНЕВНОЕ
УСКОРЕНИЕ

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Here's what you need to know...

1. The 7-Day Biceps Accelerator is a blend of rest-pause training and Charles Staley's EDT (Escalated Density Training).
2. The accelerator can add up to 1/2 an inch to your arms in a week and you don't have to change the way you train the rest of your body.
3. The accelerator requires that you do only one biceps exercise for 7 days straight: strict seated dumbbell curls.

Believe me when I say I've tried lots of things to make my biceps grow. The only approach that worked at all was biceps specialization where I devoted a few weeks of training to my arms and did nothing for the rest of my body except lie in a hammock and glare at the heavens.

Luckily, I'm a pretty good problem solver. I usually apply myself to figuring out nutritional problems, but I think I can apply the scientific method to nutrition or exercise science with equal aplomb, so I set out to figure out how to "cure" my problematic biceps.

What I came up with is the 7-Day Biceps accelerator.

I ran it by John Meadows, got his blessing, and gave it a go. While it didn't make me look like I was sporting ham hocks under my shirtsleeves, it added a little over 1/2 of an inch to my arms in a week and I didn't have to stop training the rest of my body (i.e., specialize my biceps).

Do One Biceps Exercise and One Biceps Exercise Only

The accelerator requires that you do only one biceps exercise for 7 days straight, and that exercise is seated (or standing) dumbbell curls.

These should ideally be done on an upright bench and the backs of your arms should continually touch the seams of the stitching on the back of the bench so that the effect is almost like doing a drag curl.

The Science

Weightlifting greybeards will probably categorize the 7-Day Biceps Cure as a blend between rest-pause training and Charles Staley's EDT (Escalated Density Training) and they'd be right.

The beauty of rest-pause singles is that they allow you to use a high overall volume, and by combining rest-pause training with an EDT-like component – where each session has a "personal record zone" where you record how much weight you used and how many reps you did in a set time period – you subject the biceps to an insane amount of volume.

Higher volume means the muscles are subjected to a longer TUT (Time Under Tension) and, provided everything is optimum physiology-wise, they grow.

Now I've always been infatuated with rest-pause training in general. It suits me mentally because I stupidly feel guilty when I stop a set. I always want to keep going, using whatever method possible, until the sun burns out.

The EDT-like time component, however, puts a governor on duration, thus protecting me against my worst instincts to keep on going further.

More importantly, though, rest-pause training works oh-so very well. By resting briefly between reps, you get a bit of ATP-creatine phosphate regeneration, along with allowing for a tad of CNS regeneration, which allows you to do more work with the same load.

Brook Kubrick, the dinosaur of training, confessed that, "Heavy singles made me bigger and stronger than any other combination of sets and reps I've ever tried."

When you get a pump, you make the muscle cells hyper-responsive to growth signals.

As Pavel Tsatsouline said, apparently when mimicking a weight-lifting Moses, "If you get a pump with heavy weights you shall grow."

The 7 Day Biceps Accelerator Formula

1. Establish your 8RM.
2. Do 8 super-strict reps.
3. After the 8th rep, lean forward and briefly rest the weights on the floor. Do not take your hands off the dumbbells.
4. Rest approximately 5 seconds. Bring your body and the weights upright and do another rep.
5. Put the weights on the floor and rest another 5 seconds or so. Do another rep.
6. Continue in this manner for 3 minutes, counting your reps as you go. If you picked the right starting weight, the duration of rest between reps will lengthen by necessity. At first you'll rest for about 5 seconds per rep; later, 10 seconds or perhaps even 15.
7. Repeat this every day for 7 days, trying to beat the previous day's record by at least 1 rep. If you're some sort of prodigy and you increase the previous day's number of reps by 4 or more, go up to the next heaviest pair of dumbbells the next day.
8. After 7 days, resume normal biceps training.

Simple formula

1. Perform 8 bicep curls.
2. Put the weight down and rest 5 seconds and start a 3 minute timer
3. Perform 1 curl
4. Put the weight down and rest 5 seconds
5. Repeat for entire 3 minutes (extending the rest as long as needed, but no longer than 15s)
6. Try not to cry
7. **Take ONE WEEK OFF and then start the 28 day arms explosion program**

Final Thoughts

The question that should pop into your brain after thinking about the 7-Day Accelerator is this:

Will it work for other body parts?

The no-doubt disappointing answer is, I don't know.

I'm sure that rest-pause training would work for every muscle group, but I don't know if doing a rep every 5 to 10 seconds per session for 7 days straight would work, even if it's possible.

Granted, some variation of that might work, but I haven't tried it... yet.

To fitness, fortune and freedom,
Peter