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# INTRODUCTION

Biceps are like burgers.

Everyone loves them.

Ask a child to make a muscle and he or she will strike a biceps shot. Bi's are not only synonymous with posing, but also with exercise.

Plus, girls seem to turn to putty when they see nice arms.

The problem is that many ambitious men are still drowning in information but starving for actual results.

Let me paint a story for a second...

A guy goes to the gym, eager as hell to build muscle. Maybe he's tired of people disrespecting him or he's doing it for a girl. Or maybe he just got broken up with and needs to get his life in check.

The first few weeks are amazing. Muscles are growing, and confidence is sky high as progress happens at a lightning fast pace.

Then something happens.

Progress slows, and finally... stops.

Each workout becomes harder and harder. Motivation wavers.

They scour the internet and after trying 57 different bicep growth methods, they end up here, ready to give up.

Fear not, because you don't need to give up. In fact, this 28 day arms reprogramming will reignite the locked away growth.

This program, is like nothing you've ever done before, but I can promise the results will also be like nothing you've ever done before either.

All I ask is you give 100% effort for 28 days.

Can you promise me that?

Good. Then you are ready.

Let's get right into it!

# Why You Can't Grow Your Arms

Many factors play a role in deterring your natural arm growth. That being said, there are 3 deadly mistakes that keep most people far below their maximum potential.

## 1. Not training the accessory muscles

When it comes to training the biceps, simply doing more sets and reps won't cut it. The problem? Most lifters are hitting the SAME parts of the biceps over and over again while completely leaving out – or at least under-stimulating – other parts.

You need to hit both the long and short head of the biceps brachii (as well as the brachialis).

## 2. Forgetting about the mind-muscle connection

One of the biggest obstacles lifters have when trying to build lagging areas is a poor mind-muscle connection. Once you're past newbie gains, you'll have one hell of a time building your body until you "feel" the muscles working.

Arnold said that resistance training was more than just lifting a weight from point A to point B. In his words: "The weights are just a means to an end. How well you contract the muscles is what training is all about."

To maximize muscle development, he talked about developing a strong "mind-muscle connection" where he'd visualize the muscle being trained and feel it working through a complete range of motion during each rep.

While it may sound hokey, research shows that the mind-muscle connection can significantly improve muscle recruitment.

Researchers had a group of subjects perform two sets of lat pulldowns with only basic instruction.

Then, after a period of rest, the subjects performed a couple of additional sets, only this time they received instruction on how to emphasize the latissimus dorsi while de-emphasizing the biceps.

The results?

Muscle activity in the lats, as measured by EMG, was significantly increased in sets performed with a mind-muscle connection. In other words, simply concentrating on the target musculature resulted in greater activation of this muscle.

### **3. Not maximizing growth windows**

The real 'secret' to muscle building lies in the ability to stimulate a muscle as often as it can take it – and adapt from that stimulation – giving you many more growth windows throughout the weeks, month and year.

He or she who can successfully stimulate a muscle, derive growth and then train it again, repeating the cycle the most often, will be the one who makes the quickest and most marked of gains.

Think about it.

The regular trainer will 'annihilate' each muscle once per week. That means that 'Mr. average' gym-goer will get a maximum of 52 possible growth events in an entire year.

Yet it won't actually equate to 52 growth events because that assumes that the trainer is training every single day/ week of the year. So once you take out holidays, birthdays, Christmas, family days and any other excuse, perhaps you're (somewhat generously) left with 48 training weeks, or 48 possible growth phases per year.

Now we're left assuming that we successfully stimulate growth in every session, which with current training protocols at least, we certainly don't. Take out those lacklustre days, or days when you're a bit tired, or hung-over, or rushed or whatever else can work to kill your intensity.

It's more common for most people to take note of a great workout – one where they really let rip, compared to a typical one. This means the great workouts are few and far between.

How many muscle building sessions are we left with? Well, that will depend on the trainer, but it's fair to assume that we're probably looking at 20 or less growth events per year. Is it any wonder that people aren't changing quickly?

I mean, how much real world muscle do we think they're stimulating per successful bout of growth?

Its microscopic!

So really, one of the biggest issues with normal training routines is the severe lack of stimulation, which is slightly ironic considering the amount of talk about 'over-training' which we hear in the mainstream media.

# The 28 Day Arms Explosion Program

As the name applies, this program is 4 weeks long.

You'll be training biceps EVERY SINGLE DAY (or least every single time you workout).

Yes you read that right.

There are 3 parts to the 28 day Arm Explosion program.

1. The Warm Up - engineered to maximize recruitment and solidify the mind muscle connection
2. The Workout - designed to increase GH, testosterone and put on 1/2 inch from the very first workout
3. The Anabolic Cool down - putting the nail in the coffin, guaranteeing you'll increase growth by 334% and maximize growth windows.

# The Warm-up

If you want to build your biceps, you must improve your ability to recruit and contract them.

When it comes to biceps, focusing on getting them strong often makes it more difficult to get them big. Going heavy can shift the tension away from the biceps.

Practicing intense contraction of the target muscle is much harder to do when using heavy weights.

So when you're trying to fix lagging biceps, the first thing to do is work on constant tension to maximize the mind-muscle connection. The time spent doing it will be an investment in all the future biceps training you'll do.

**Do every rep of your bicep work like this:**

1. **Before even lifting the weights, tense the biceps as hard as you can, as if you were trying to flex it.** That is the "principle of first tension" – the muscle firing hardest first is the one that'll receive the most stimulation in the set.

Do this for 30s.

This is the best way to become really good at recruiting and contracting the biceps and you'll program your nervous system to do it, which will make the future heavier biceps work more effective.

It stimulates muscle growth via an accumulation of growth factors and mTOR activation, but there's very little, if any, muscle damage.

Remember, frequency of practice is the key to motor learning.

Once you've spent some time training the biceps like this, you'll be able to switch to heavy lifting, but now the tension won't shift away from the biceps because you improved your capacity to recruit the muscle and keep it tensed.

# The Workout

Yes, you can train biceps every day while maintaining your regular training schedule.

This works very well for people who have always struggled with biceps growth.

## **How to Do It**

Pick one biceps exercise, the one you feel the most. I like the preacher curl, but you might prefer the standing barbell curl or hammer curl. Here's how you do it:

**Set 1:** Warm-up by flexing your biceps hard for 30s. Curl an imaginary weight with maximum tension.

**Set 2:** Do 6 reps with a weight you could do about 10 reps with.

**Sets 3-6:** Do 3 strict reps on each set, using as much weight as possible.

**Sets 7-9:** Do 3 loose reps (use a slight cheat to lift the weight) with as much weight as possible, 10-20% more than the preceding sets.

**Set 10:** Use 50% of the max you used for set 3-6 and perform as many strict reps as possible.

Remember, you're doing this every damn day (or everyday you workout). On some days you'll feel weaker and you'll have to use a bit less weight. Some days you'll feel stronger and should use more weight.

The key is that for both styles (strict and loose) you strive to lift as much weight as you can. While ideally you'd use the same weight for sets 3 to 6, use more weight if you need to.

**The goal is to do at least one set with the absolute heaviest weight you can do with strict form.**

The same applies for sets 7 through 9. You may adjust the weight from set to set if you think you can do more or feel like you should decrease the load. Don't be afraid to go up a notch if you feel like you can.

Since you'll be doing a fair amount of biceps work daily, you won't do anything else for biceps for 3-4 weeks. You'll get significant growth, and the daily heavy work will increase your biceps' capacity to recruit its fast-twitch fibers, making your bi's even more responsive to training after those 3-4 weeks.



# Printable Workout Chart

Set #	Rep(s)	Weight	Notes
<b>1</b>	30s	None	Maximum tension, curling imaginary weight
<b>2</b>	6	Weight you could do 10 reps with	Flex triceps on the descending portion
<b>3-6</b>	3	As heavy as possible	Drop weight if you can't complete with perfect form.
<b>7-9</b>	3	As heavy as possible	Use momentum to lift weight if necessary
<b>10</b>	Till failure	50% of weight used in previous set	Push till failure.

# 28 Day Beginner Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28AX	Off	28AX	off	28AX	off	off
28AX	Off	28AX	off	28AX	off	off
28AX	Off	28AX	off	28AX	off	off
28AX	Off	28AX	off	28AX	off	off

# 28 Day Intermediate Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28AX	Off	28AX	28AX	off	28AX	off
28AX	Off	28AX	28AX	28AX	Off	28AX
28AX	Off	28AX	28AX	off	28AX	off
28AX	Off	28AX	28AX	28AX	Off	28AX

# 28 Day Advanced Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28AX	28AX	28AX	28AX	28AX	28AX	28AX
28AX	28AX	28AX	28AX	28AX	28AX	28AX
28AX	28AX	28AX	28AX	28AX	28AX	28AX
28AX	28AX	28AX	28AX	28AX	28AX	28AX

# The Anabolic Cool Down

## Hypertrophy-Specific Biceps

### Anabolic Stretching

If you haven't gone through anabolic stretching, please stop.

Go through that program first. Then when you're ready com back here.

Hypertrophy-specific anabolic stretching is not only effective at building muscle (334% better) but it is also a great tool to make you a better athlete, either by improving eccentric and isometric strength or by improving muscle recruitment.

To put it simply extreme anabolic stretching is focused on using an Isometric-dynamic contrast.

#### **Here's what that looks like in a set.**

1. 15 sec biceps anabolic stretch followed by
2. 1 explosive bicep movement followed by
3. 15 sec anabolic stretch followed by
4. 1 explosive bicep movement followed by
5. 15 sec anabolic strength followed by
6. 1 explosive bicep movement followed by
7. 15 sec anabolic strength followed by
8. 1 explosive bicep movement

Rest 60s

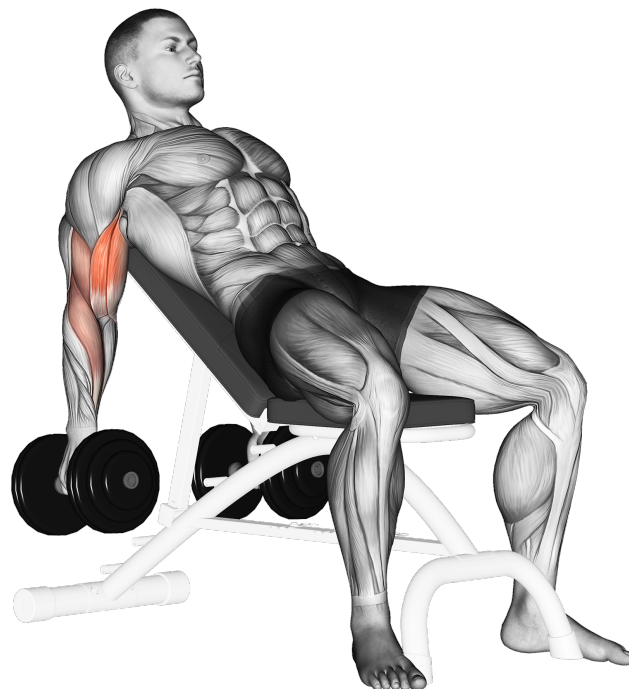
Repeat 3 times.

**I recommend you do incline bicep curls with and stretch at the bottom portion for maximum results.**

## EXPLOSIVE MOVEMENT



## HYPERTROPHY SPECIFIC ANABOLIC STRETCH



# Final Thoughts

Stubborn body parts are just part of the game. For some of us it's our chest or calves, for others it's their biceps.

The only step now is to put everything into action.

Without that, this system is useless.

So go now, take action.

And let me know in 28 days how your arms look and feel. I can guarantee they won't be stubborn anymore.

To fitness, fortune and freedom,  
Pete