

# POPEYE ARMS PROGRAM



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The advice and tips given are meant for healthy adults only. You should consult your doctor to insure the advice given in this program is appropriate for you as an individual.

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My focus is on you and supporting and taking care of those who take care of me. I ask you not to reproduce or pirate this program in any form without the expressed written permission of [Canadian Fitness](#).

## Program Overview

Before we get started, I want to thank you for investing in yourself through this program! It says a lot about your commitment to success. There are a lot of “free programs” out there, but the big problem is that most of the “so-called programs” are way too cookie-cutter.

Using this program, we are going to create the type of body that women ultimately crave, and the type of physique that guys respect and admire.

Let’s face it, what guy doesn’t want to have massive looking arms? Arms signify an individual’s power and strength. Big, muscular guns send a message to the world...you’re a force to be reckoned with!

The truth is that getting lean and ripped is not as difficult as getting big, which is why this program will require you to have serious focus to make it through. Our bodies are amazing in that they can adapt to almost anything. The key to constantly improving our physique is progressive change.

Our bodies, however, despise change and want to stay in a state of homeostasis, so we must shock our muscles into growth. If you have worked out for any moderate period of time, you have already tried the standard biceps and triceps exercises and have likely reached a plateau.

So how then can we get our arms to grow? The simple answer...shocking principles.

Below we will cover the best of these principles which are used by pro bodybuilders like Jay Cutler to stimulate incredible growth. No matter how advanced you are, following these principles correctly will tremendously increase the size of your muscles.

We all strive to have a great pair of arms. However, the typical individual never trains their arms to their true potential, which is why they are one of the hardest muscle groups to develop. In this program, we will cover different philosophies and shocking principles to work every fibre within our arms to ensure massive growth.

I ask you to trust my recommendations and really give this program a shot. Most people simply overwork these small muscles. Instead, we will be optimizing our workout to bring on the results we all truly want and deserve!

As I stated above, your body is naturally resistant to change. It prefers to be in a constant state of homeostasis with no change to its environment. Your body simply does not want big arms. But we do, so we must force this complex machine to accept them. The principle is that simple. Without the right training philosophy, you will never even come close to pushing your body to reach its potential.

We are optimizing growth in this program by applying a variety of shocking principles. The three shocking principles this program is structured by:

1. Fascia Stretch Training: Fascia stretching is based on exercise sequence. Therefore, it is essential to follow the program as it has been laid out to achieve the best results. Fascia stretching is meant to flush two muscle groups that are opposite of each other with as much blood as is humanly possible! It also incorporates very short rest intervals. I would compare the growth here, to that of the first time you ever used supersets. Remember how your arms just exploded?

I would not be surprised if you saw measurable gains, almost immediately with fascia stretch training! You will not only shock your arms into new growth, but also enhance vascularity big time.

Again, I am going to reiterate that your gains will be considerably noticeable!

2. Power Building: It's nice to have large appealing muscles but without power what's the point? A powerlifting routine is extremely foreign to most bodybuilders but can build up seriously thick muscle mass! Essentially, rather than lifting in the 10-12 reps range, while emphasizing the negative, we will be training more explosively in the lower rep range for a couple of exercises.

We are going to be moving the most amount of weight without compromising form. No cheat curls here! Typically, powerlifting sets are 4-6 reps; however, we will be using somewhat of a hybrid rep range to ensure muscle growth and power at the same. Ronnie Coleman is the best example of this style of training and he had 22-inch arms. Bring on the power...yeah buddy!

3. Explosive Negatives: The eccentric, also known as the negative portion of the lift, is often neglected. Too often individuals focus solely on the movements as opposed to their techniques and methods. Explosive negatives will put more stress on the muscle causing it to grow rapidly.

Here's a quick explanation of eccentric versus concentric lifting using a dumbbell curl analogy just so we are all clear. Simply put, the concentric (positive) part of the lift takes place when you contract your bicep by lifting a dumbbell, as opposed to the eccentric (negative), which takes place when you un-contrast and move your bicep back to its original position by lowering the dumbbell to the side of your waist.

Scientific studies have shown that explosive negatives stimulate the highest amount of growth in the target muscle group. Explosive negatives also do wonders for your hormone levels as well. I recommend in the program below taking 3-5 seconds to lower the weight to incur a maximum amount of damage. Normally, we just take one second to lift a weight and one to lower it, but you will notice how we will slow the eccentric motion down to challenge both the biceps and triceps. By emphasizing the negative, you increase micro-tears in your arms. The key here is to lift as explosively as possible while controlling the negative. Normally a

bodybuilder is smooth and rhythmic in his or her lifting patterns. This will be different...visualize a time bomb release; 3-5 seconds down, and then, BAM, bring the weight back up.

The explosiveness comes from contracting the weight as fast as possible after you slowly let the weight down. When you perform these exercises, every fibre of your being will tell you to drop the weight with gravity, but you better believe this is what separates the strong from the weak. Applying these three shocking principles - IN THE RIGHT ORDER - will make your guns grow! I want to reiterate how important it is to follow the program how it has been laid out below.

By now you should understand the idea behind this program. With the first exercise, we are creating the biggest pump we possibly can, thus stretching the fascia tissue. After that, we are following up with two power exercises to completely break the muscle fibres down for serious mass building.

## **An Introduction to Fascia (Connective Tissue)**

The fascia, also referred to as connective tissue, is a skin-like structure that literally holds the muscles together. In addition to holding a muscle in place, the connective tissue also extends away from the muscle fibres, and protrudes into a cord-like shape, attaching the muscle group to the bone. This extension of the fascia is called a tendon.

If you have ever hunted or skinned an animal, you know what I am talking about. These skin like structures hold the muscle in place and keep it tight. Connective tissue binds every muscle. If the connective tissue is bound too tight or is restricting a muscle group such as your biceps or triceps, then growth will be slowed. The key here is to utilize deep fascia stretching through massive pumps, which is why we are going to be utilizing fascia training by pumping a whole lot of blood into the muscle. The pump will stretch out the fascia surrounding your arms with the intention of creating room for new muscle to form.

Most gym goers do not know about this technique at all, but those who do typically utilize fascia stretch training at the end of their workout with high sets and moderate reps. I have found that lower or standard sets with high reps at the beginning of the workout are more effective. With this principle, we will create a skin-tearing pump right from the very start of the workout. Doing this will keep blood in the muscle for the duration of the workout, ensuring we stretch the fascia as much as possible.

Additionally, fascia stretching through manual hand manipulation can enhance separation. The connective tissue between muscle groups is very pliable. In other words, deep stretching would have a profound effect on the fascia, as would non-stretching. This is to say; muscle groups would almost get glued together without fascia stretching. We will also cover a few biceps and triceps static stretches for you to perform after your workout for an even more extreme fascia stretch.

## **The Philosophy Behind Fascia Stretching**

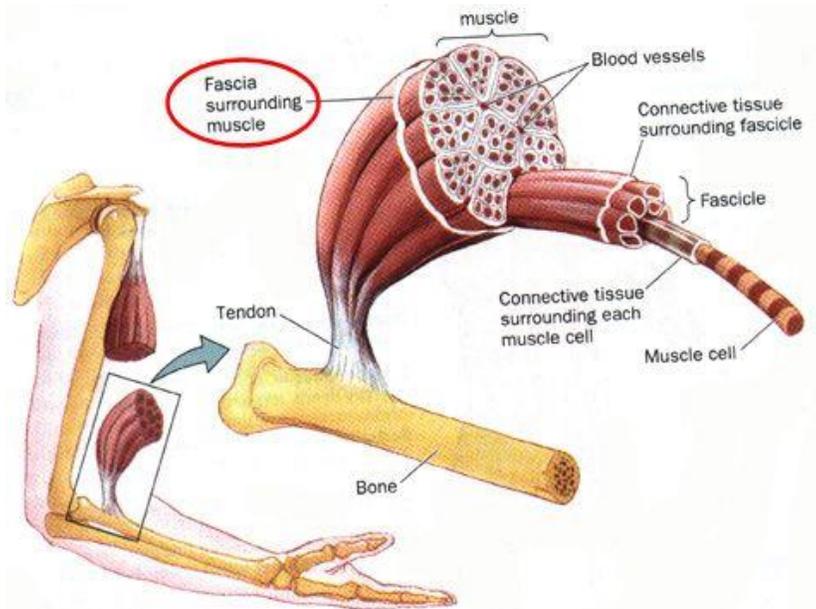
Let's say that an individual had been hitting the gym consistently for 5 years and had built a massive pair of arms measuring 18 inches in circumference! Then for one reason or another, he stopped training altogether for a couple of years, and during the off time, his arms atrophied down to 15 inches.

Now the same individual has come back to the gym with extreme determination to regain his lost gains! Only this time he builds back those 3 inches in a matter of months, where it originally took him years to develop that much mass! How was he able to achieve this?

He was able to achieve that level of growth because he had already stretched the connective tissue and had made enough room for his biceps and triceps to grow! This phenomenon is also referred to as muscle memory in the bodybuilding community.

To understand this concept better, I will do my best to explain in detail how it works. A single muscle can be made up of hundreds, or even thousands, of muscle fibres, bundled together and wrapped in connective tissue covering. The connective tissue sheath that surrounds each muscle is called the epimysium. Fascia, connective tissue outside the epimysium, surrounds and separates the muscles. Portions of the epimysium project inward to divide the muscle into compartments. Each compartment contains a bundle of muscle fibres. Each bundle of muscle fibre is called a fasciculus and is surrounded by a layer of connective tissue called the perimysium. Within the fasciculus, each individual muscle cell, called a muscle fibre, is surrounded by connective tissue called the endomysium.

Finally, each of these layers is held together by the deep fascia, which is a course material. Understanding this really makes you appreciate how much connective tissue there is in and around our muscles and remember that connective tissue acts like a binding of sorts. All these layers of fascia can become tight, knotted, and form may connective adhesions.



The important thing to understand is this: fascia is not only dense, but it also hugs tight to its surrounding area, almost squeezing it! What does this have to do with muscle hypertrophy? For a muscle to grow, the tissue must stretch and become more pliable. If this does not happen, muscle growth will be limited. You cannot make gains unless there is enough room for you to do so! That is why fascia training is our best understanding today for what we call muscle memory.

In the example above, we discussed how the individual stopped training for a couple of years, and in those two years, his biceps and triceps atrophied by 3 inches. Yet, when he came back to the gym to restart his training, he was no longer battling the restrictions of constrictive, dense fascia, but rather a more flexible and pliable connective tissue! Basically, having more room to grow was a game changer! More room to grow enables more mass to form and that's exactly the process we will be mimicking in this program!

## **Fascia Pump Training for Maximum Hypertrophy**

Mimicking the "muscle memory" process will centre around the manipulation of the fascia surrounding your arms. As previously stated, fascia can literally prevent the expansion of growth. Our goal then will be to produce an effect like one in which the biceps and triceps had previously been larger. We will have to stretch and expand the fascia, epimysium, and other connective tissues. You need to appreciate that the connective tissue is a dense and expanding it can be a complex process. The good news is that this can be done effectively through the three-step process detailed below!

The first step is to train in a way that produces maximum blood flow into your arms. When I say maximum, I mean a pump that is literally so intense that your skin feels like it's going to explode! This is why we will be performing our fascia stretch training exercise at the beginning of the program instead of using it as a finishing movement. We want to get the maximum amount of blood in the muscle right away and keep the pump throughout the entire workout.

For example, typically you can move your biceps and triceps around with your hand when your arms are relaxed, since your guns feel loose until flexed. An optimal pump fills your biceps and triceps with so much blood, that your arms almost feel flexed while in the relaxed position, your skin should be tight, and your muscles should be hard. Your arms should feel heavy like they have been filled with cement. I'm talking about a pump so extreme that you can't touch your shoulders because your biceps are restricting your hands from getting there. To produce a pump like this, we will be performing high repetition sets with short rest intervals to start our workout. It's important to know performing massive high repetition sets back to back also increases the temperature of your fascia, which works to stretch it as well.

Before any experts or doctors began coining phrases, great bodybuilders like Arnold Schwarzenegger and Franco Columbu were using weight lifting techniques that would undoubtedly expand the fascia through their daily 3-5 hour, high volume, gym sessions. The difference is they didn't have the scientific understanding of fascia that we do today. This program is similar to their style of training in the sense that we will be combining volume training with power building, which is what particularly made Franco so great.

## **Fascia Stretching for Maximum Hypertrophy**

We have covered the first step in fascia stretching, namely via massive blood pumps. Now we are also going to cover two other methods of creating room for new muscle to grow. Fascia expansion through hardcore hand manipulation and static stretching will pull the fascia surrounding your biceps and triceps apart, clearly enhancing the growth potential and muscular separation. In fact, you will see incredible separation, such that you never thought genetically possible!

We should recognize the field of massaging as the precursor to fascial stretching. Massage therapists have been the pioneers in this field and have paved the way for one of the most extreme growth methods ever conceived in the sport of bodybuilding.

Biochemist Ida Rolf came up with the fascia stretching technique, named after herself (Rolfing). She began developing her system in the 1940s. Rolfing is a special, extreme form of massage that manipulates deep tissue. Dr. Rolf theorized that you could release, expand, and readjust deep tissue with her innovative technique. Her methods applied to fascia training can not only drastically enhance muscle growth, but also increase the separation between muscle groups.

Dr. Ida Rolf explained how gravity along with resistance training has a compounding negative effect on muscle development and separation. She described how muscle groups can literally stick together. Any professional deep massage therapist who knows his or her craft will tell you that the connective tissue on neighbouring muscle groups like your biceps and triceps almost glues together over time.

The second and most painful step in fascia expansion is to manually stretch it. This involves manually Rolfing your biceps with serious intensity using your hands! Rolfing is well known to pro bodybuilders who pay deep tissue massage therapists thousands of dollars for treatment. The good news is we can bypass the professionals since we have full access to massage our biceps and triceps ourselves.

By self-Rolfing you will force the tight connective tissue that inhibits the enhancement of mass to expand, thus enabling more muscle growth in the myofibrils, the largest aspect of a muscle fibre. This is a bit unorthodox and not commonly talked about in the online bodybuilding community, but it works!

Rolfing differs from a traditional massage which focuses on many styles of tension release. In general, massage is meant to promote relaxation and blood flow. Traditional massage is not usually done as part of a strategy to stretch the fascia tissue. With Rolfing, you may experience a warm, pleasant sensation in your arms, though there may be moments of serious discomfort! Within each Rolfing session, there is a range of touch, from firm and deep to light and gentle. You also need to massage your biceps, triceps, and forearms from different angles to get the maximum fascial release. Rolfing should feel like a deep stretch; it's intense but tolerable.

By manipulating and releasing stuck or dense fascia, Rolfing frees the unhealthy binding of tissues, allowing muscles to return to a balanced position.

I suggest you Rolf your arms anywhere from once a week to once every two weeks. You may notice your arms want more time to recover, or that after a few days your body is ready for another session. The most effective Rolfing "hack" I have found in being able to expand the fascia surrounding the biceps and triceps is to take a hot shower post arm workout, dry off, and then get some body lotion or coconut oil and rub it into the muscles both aggressively and deeply from different angles for 10-15 mins. Doing this will trigger the connective tissue to relax and move. It will also help prevent stretch marks, which is an added bonus. Rolf your arms using your fingers, knuckles and palm pressing forcefully into the muscles for maximum fascial release...this should hurt. You can also use an object like a spoon to literally scrape your muscles to help with the fascial release.

I would seriously suggest watching pro bodybuilder Jay Cutler having Rolfing done to his body on YouTube to better understand the amount of pressure you should apply. Jay used and credited both Rolfing and fascia pump training for his Mr. Olympia comeback win. That's how powerful these techniques are!

The third step in fascial enlarging is to use static stretching. The idea here is we are using a variety of angles to target our arms during the workout. For example, we can utilize free weight stretches on chest day. I personally like to use the dumbbell fly in the bottom position for a chest stretch. For an even greater separation of the upper and lower chest, I will also perform incline dumbbell flys and hold the bottom position for 15-30 seconds to accentuate the stretch!

Likewise, we are going to use stretches that expand the fascia surrounding our arms. When performing a static fascial stretch, you will need to use a loaded stretch because the movement must go past the point of comfort in order to expand the fascia surrounding your arms.

Unfortunately, most weightlifters seldom do this kind of static stretching in the gym, but I believe it to be one of the most effective ways to expand the connective tissue! You will simply hold the movements detailed below, while your arms are pumped. Again, your muscles must be pumped, or you will not maximally expand the tissue in the stretched position for the desired amount of time!

1. Incline Dumbbell Stretch: Since we are going to be using weights to assist us in this stretch, this would be referred to as a loaded stretch. One of the best stretches for the biceps is at the bottom position of incline dumbbell curls. Simply lean back on the incline bench, hold a heavier set of dumbbells than you usually would curl for 15-30 seconds, or until you feel a maximum stretch has been reached in the biceps.

2. Standing Biceps Wall Holds: Initiate the stretch by facing a wall and raising one of your arms to shoulder height. Place your palm against a wall and rotate your body away from the wall as much as possible while your palm stays in contact with the wall. Hold this position for 15-30 seconds and repeat the same steps using the other arm. You can also use the cable machine pulley to pin your arm against instead of a wall.



3. Behind the Head Skull Crusher Stretch: Anyone who has done Skull Crushers can attest to how painful the stretch at the bottom can be. I believe that this is one of the best methods to accomplish our extreme stretch goal in the triceps. Lay down on a flat bench holding a barbell with your arms extended above your chest. We are going to be doing a behind the head variation of the Skull Crushers so bring the barbell down behind your head, while bending your elbows as far back as you can. From here allow the weight to completely stretch the triceps to their maximum! Hold the position for 15-30 seconds at a time.

4. Standing Triceps Holds: Sit or stand upright with the left arm flexed at the elbow. Raise the left arm until the elbow is next to the left ear and the left hand is near the right shoulder blade. Take hold of your left elbow with your right hand and pull the left elbow behind the head. Repeat the same steps using the other arm. Also, perform this stretch for 15-30 seconds at a time.



5 & 6. Hold the two stretches pictured below for 15-30 seconds at a time.



I suggest you pick one of these stretches for each muscle group and perform them at the end of the weight training portion of this program. You can do the stretches in sets, something like 3 sets of 20-second holds. Go based on "feel" rather than exact timing.

Thought we were done!?! Not just yet! At the end of your workout, while the fascia is pliable, you are going to get one last rush of blood into the biceps and triceps to assist in the growth process by flexing your arms as hard as you possibly can for 30-60 seconds! You will squeeze the life out of your biceps like there is no tomorrow and flex your triceps down like you trying to rip them out of the back of your arms! Literally, try and crush your biceps! Flexing and posing is so underrated and translates into better muscle development and separation. I preferably would like you to stand in front of a mirror while you flex and visualize your arms growing as you do this. By the end of the 30-60 seconds, you should be exhausted and relieved that finally now the workout is complete!

### **Time Under Tension Redefined for Maximum Hypertrophy**

Professional trainers and bodybuilders have found that for optimal hypertrophy, a set should last between 30-70 seconds. This fact has also been documented in countless studies and journals. The simple reason for this is that our larger muscle fibres, also known as the fast twitch muscle fibres (FTMF), have the highest potential for growth.

We have slow twitch muscle fibres (STMF) as well. Slow twitch muscle fibers have less potential for growth when compared to fast twitch muscle fibres. Slow twitch muscle fibres are targeted in certain activities, such as long-distance running. STMF have high endurance properties and exert much less force than FTMF.

For example, studies have compared fibre recruitment in athletes when they lifted in the 5-15 seconds per set range, to the 30-70 seconds per set range, and found that the latter incorporated much more muscle fibres than the former. Essentially, the total time that the muscle fibres are required to produce force is shorter in low-rep sets than in higher-rep sets. Simply put, a hard set that lasts 30-70 seconds delivers more growth stimulus to the muscle cells than a hard set that lasts below 30 seconds because in a shorter set, failure may occur due to reasons other than muscle fibre fatigue, and before a significant growth stimulus has been achieved. This should give you a clearer understanding of why we will be lifting in a higher rep range in this program than you may be used to.

As stated above, you have both fast twitch muscle fibres and slow twitch muscle fibres. Fast twitch muscle fibres have less endurance and are stronger than the slow twitch muscle fibres. They also take longer to recover. Therefore, we will vary the time range during exercises, because we need to stimulate growth in both

fibre types, but still focus more on FTMF to best achieve growth. You will start out by going lighter in load, and resting for a shorter period of time, followed up by heavier loads, lower reps, and more rest.

Below you can see how the program is structured for us to hit our arms in a variety of ranges, thus stimulating a maximum amount of hypertrophy in both slow twitch and fast twitch muscle fibres.

Out of all the concepts presented, I see none more exciting then literally having an actual key to the mass zone! You see, by staying within this range, you literally ensure optimal growth! You also should notice that I discuss tempo frequently. This is to ensure that you fall within the optimal mass zone.

In fact, by using a correct tempo, we can almost ensure that we fall within this range. For example, my tempo on heavy bicep barbell curls is usually 4 seconds for the eccentric portion of the rep and 2 seconds for the concentric. If I perform a six-repetition set, then it will take me approximately 35-40 seconds. So, you can see how we can pre-plan the time of our set.

When we are doing our fascia pump stretching set, to start, we are going to be performing a higher repetition set, thus we will need to speed the tempo up in order to still fall within the 30-70 second time frame. That's why it is important to follow the program as it is laid out. If you have any questions you can always email me.

### **Mindset: "The Mind's Eye"**

I was debating with myself whether or not I should leave this part in the program. I guess the better side of me won out. This might sound a bit out there for some of you, but I suggest you give it a shot! Internal visualization, aka your mindset, makes your goal of having massive guns attainable. If you can see yourself as successful, you can make/create/will yourself to be successful.

The fact is we are overly self-critical. Most of us are our own biggest "hater" in life. One's own inner voice can often be his or her biggest enemy. Our vision of ourselves must be one of total success, or we will never succeed, plain and simple.

*"Where the mind goes, the body will follow is a saying I have always believed in. If you want to be Mr. America or Mr. Universe, you have to have a clear vision of yourself achieving these goals. You have to have a picture in your mind of the kind of physique you need to build in order to win." - Arnold Schwarzenegger*

Arnold referred to visualization as "seeing yourself in your mind's eye." We are going to talk about the concept of "The Mind's Eye" and "The Mind's Evil Eye" below.

You must master engaging your Mind's Eye. An example of this would be:

When you strike a pose, don't just see yourself as you are. See yourself as you want to be. Your Mind's Eye adds another inch on your biceps or another striation in your triceps. Arnold talked about visualizing his body parts as huge mountains, as an unstoppable-unmovable inanimate object that he could sculpt and manipulate as he willed.

*"When I am doing Barbell Curls, I am visualizing my biceps as mountains - huge. And because I am thinking of the muscle, I can feel everything that is happening to it. In my mind, I saw my biceps as mountains, enormously huge, and I pictured myself lifting tremendous amounts of weight with these superhuman masses of muscle." - Arnold Schwarzenegger*

Achievement based scenarios are another excellent means to stimulate your Mind's Eye. For example, after a set of Dumbbell Skull Crushers, raise your arms up as if you were holding a big trophy, visualizing yourself being on stage, triceps flared out - you winning! The Mind's Eye is an instrument of infinite proportions.

*"[Franco Columbu's] mind believed he could develop a fantastic physique, create gigantic muscles, and be up on stage holding the championship trophy in his hands, so his body responded." - Arnold Schwarzenegger*

Unfortunately, this is not the reality most humans are living in - most people walking around have a limited mindset. A good example of this is, "I don't have the right genetics to have big arms." This is the "Mind's Evil Eye." If you allow limiting beliefs to take root in your mind, they will start affecting your vision. Your vision then translates into everything you believe about yourself.

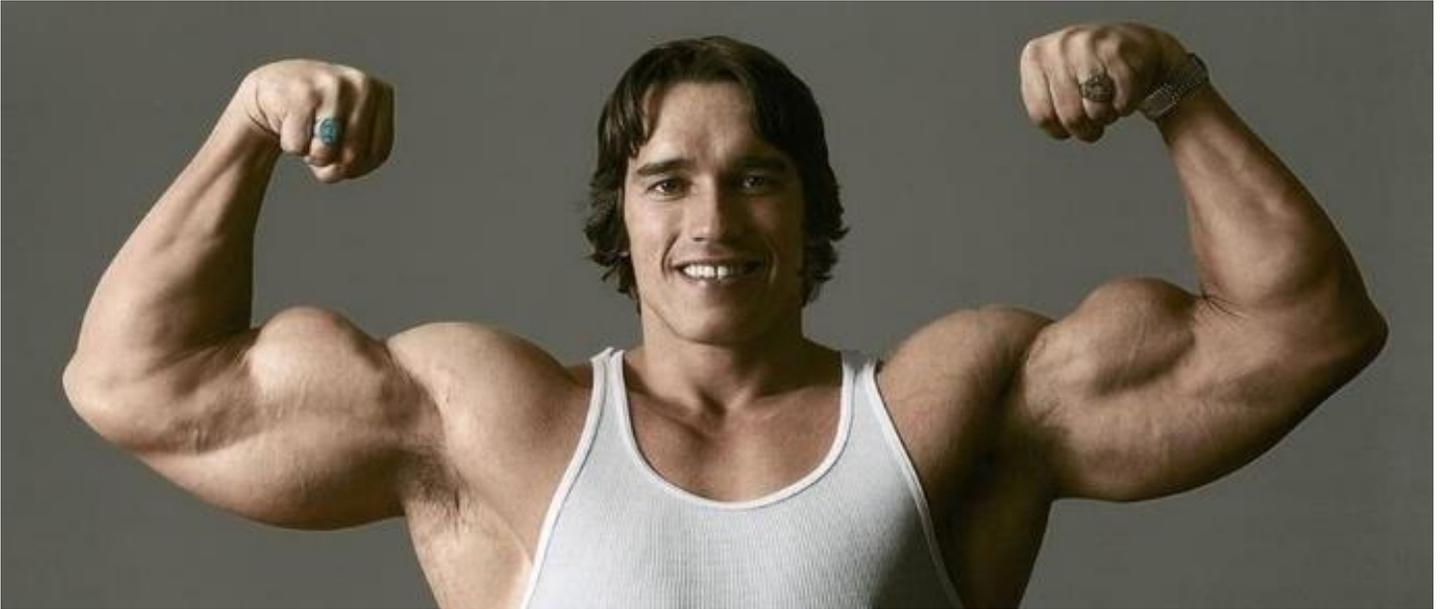
Understanding the "Mind's Evil Eye" concept, in my opinion, is the most important. It is centred around not allowing negative thoughts to penetrate your mind on a daily basis. If you allow a seed of doubt to grow, it will cause an internal transformation. Instead of using your Mind's Eye to visualize boundless potential, the Evil Eye pictures nothing but boundaries and failure. The Evil Eye is responsible for excuses.

*"And excuses are nothing more than crutches of the uncommitted." - Pastor A. R. Bernard*

As you continue to practice using the Mind's Eye for vision, you will find that your ability to create a mental image of your ideal physique will become easier and easier. The more often you visualize yourself as you want to be, the deeper it will be programmed into your sub-conscious. If you are planning to build a pair of bulging biceps and horseshoe triceps, you will make visualization a huge part of your training regimen.

## BICEPS MOVEMENT #1

# DUMBBELL CURLS



This will be our first biceps exercise. With this movement, we will be applying our method of madness called fascia training. **You will be completing 4 sets of 25 reps.** We all know the extreme power of fluid. Whole valleys have been carved from water erosion! The same principle is applied here. Time to pump some blood into your guns!

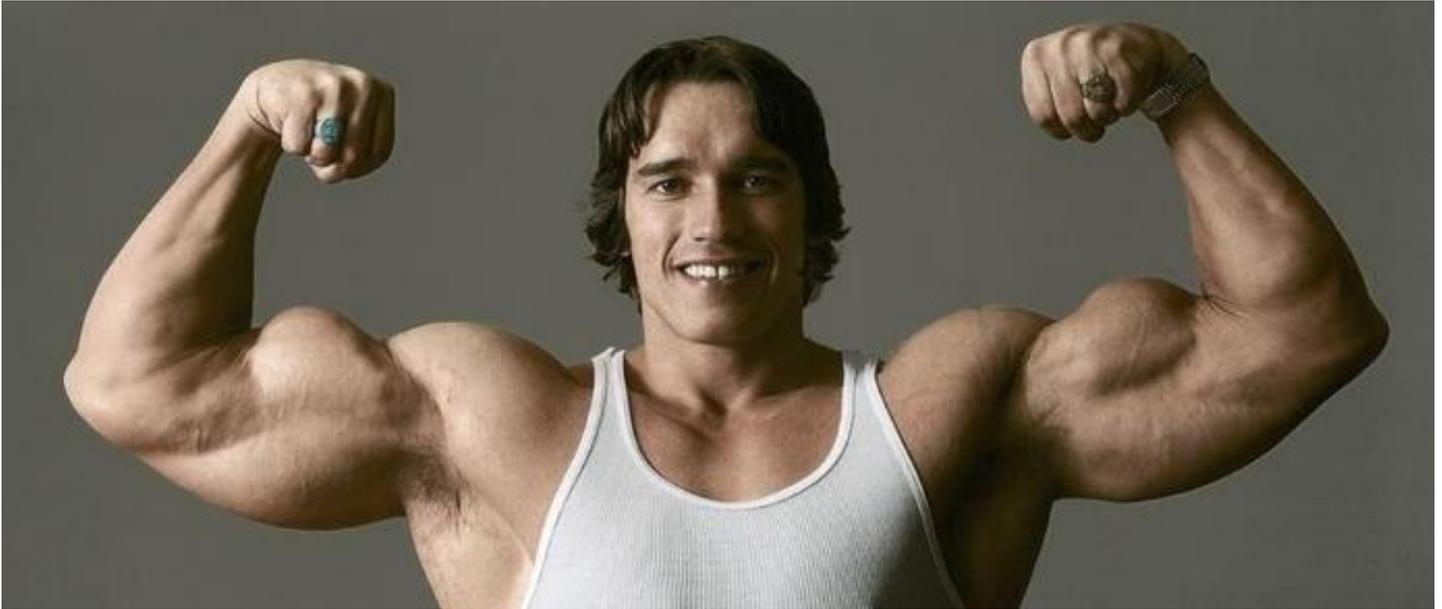
We are starting out our workout with extreme focus. With this movement, we will be warming up the biceps while pumping them full of blood. Choose a weight that you can complete all 25 reps but make it challenging. Focusing on the squeeze is essential.

By using dumbbells, we will be working each arm equally creating balance in our arms. I want you to perform the dumbbell curls standing and moving both arms at a time. **Rest for only 30 to 45 seconds between sets.** This ensures a massive pump which will really stretch out that fascia!

Note: If you have any questions regarding these exercises or how they are performed you can always email me at [info@canfitness.com](mailto:info@canfitness.com) and I'd be happy to help.

## BICEPS MOVEMENT #2

# BARBELL CURLS



This will be our second biceps exercise. This is where we will be applying our method of power building. **You will be completing 6 sets of 8 reps.** I want you to focus on moving some heavy weights with this exercise!

Heavy barbell curls are the squats of bicep development. Barbell curls develop the overall size of the biceps. This is your bread and butter for big guns, a must. You can use an EZ curl bar but I highly suggest the straight bar over the EZ curl bar as it allows for more supination, which leads to greater contraction. It's more difficult but hard work pays off!

Remember, we are going to be moving the most amount of weight without compromising form. No cheat curls here! It is fun to move a lot of weight, but you need to keep your body fixed. The only action here is you bending your arms at your elbows. **Rest for up to a maximum of 60 seconds between sets.** We want the 8 reps to be as close to failure as possible. Try to make your 8th rep your last! This movement should be taken to failure to stimulate as many muscle fibres as possible.

## BICEPS MOVEMENT #3

# INCLINE BENCH DUMBBELL CURLS



This will be our third and final biceps exercise. This is where we will be applying our method of explosive negatives. **You will be completing 6 sets of 10 reps.** Remember that slow negatives and explosive positives are crucial here!

By now your biceps should be feeling fatigued. Exhaustion leads to cheating and cheating translates into less muscle development. Incline dumbbell curls remove momentum and reduce our chances of cheating. Doing dumbbell curls seated means you will have to use less weight compared to standing dumbbell curls, but seated curls allow for a greater range of motion which leads to a better peak contraction. Lowering the dumbbells in a controlled fashion offers an amazing eccentric stretch. The slow eccentric stretch recruits more muscle fibres in a manner which they are not accustomed to. I would suggest taking 3-5 seconds to lower the weight to incur a maximum amount of damage.

Our third and final movement is performed using both arms at the same time, like we did during the first exercise. However, here we will focus more on the eccentric portion of the lift. As you reach the bottom, contract your biceps as quickly as possible upwards. I want you to be explosive. Make some noise or whatever you need to do (BOOM! – and up). The idea here is to move the weight from point A to point B as quickly as you can! **Rest for up to a maximum of 90 seconds between sets.**

## TRICEPS MOVEMENT #1

# TRICEPS ROPE EXTENSIONS



This will be our first triceps exercise. With this movement, we will again be applying our method of madness called fascia training. **You will be completing 4 sets of 25 reps.** Time to build some horseshoe triceps!

A tremendous stream of blood in a muscle group will stretch the fascia that restricts muscle growth. Rope extensions hit the long head of your triceps. The long head makes up the majority of your triceps and your triceps make up the majority of your arm. The biggest component with rope extensions is the form. Keep your elbows in by your sides and make sure that they do not move throughout the entire exercise. We are focusing on isolating the triceps. You can put one foot forward for more stability. Press the rope down and out so that your palms are facing down and you are pulling the rope apart as if you're trying to rip it in two.

With this movement, we will be warming up the muscles while pumping them full of blood. Choose a weight that you can complete all 25 reps but make it challenging. Focusing on the squeeze is essential. By using the rope, it allows us to really flex the outer head of the triceps by squeezing our hands outwards. **Rest for only 30 to 45 seconds between sets.** Short rests are crucial because they ensure us that our muscles will stay full and we will really stretch out that fascia!

## DUMBBELL SKULL CRUSHERS



This will be our second triceps exercise. This is where we will be applying our method of power building and really moving some heavy weights! **You will be completing 6 sets of 10 reps.** Time to punish those triceps!

Most of us have performed the typical barbell skull crusher. However, using dumbbells allows a greater range of motion and lets us keep a neutral grip, thus working both heads of the triceps while creating balance and symmetry. Lay down on a bench, your knees bent, feet flat on the floor for support. Hold the dumbbells over your head and straighten your arms to the starting position. Now, keep your elbows fixed in place and lower the dumbbells down till they are even with the sides of your head, so your triceps get a complete stretch. Push the weight back up and squeeze your triceps at the top, picture them popping out of your arms like pistons using your mind's eye!

Keep in mind that this is an exercise where form can easily be neglected, so keep focused. **Rest for up to a maximum of 60 seconds between sets.** Once again be sure to get close to failure each set. Make the 8th rep your last!

## TRICEPS STRAIGHT BAR PUSHDOWNS



This will be our third and final triceps exercise. This is where we will be applying our method of explosive negatives. **You will be completing 6 sets of 10 reps** Remember that quickness and explosiveness are key here!

Our last exercise will be the straight bar pushdown. This movement really puts a focus on that outer head of the triceps giving you that 3D look. Slowly let the weight up for about 3-5 seconds while keeping good form. Explode the weight back down, squeezing and keeping the mind in the muscle, making sure you are getting a peak contraction. Stand nice and tall and make sure the only muscles being used are your triceps. No cheating here! **Rest for up to a maximum of 90 seconds between sets.**

Final Note: I highly suggest giving these exercises their own separate day and doing them once a week. This is a very intense program and you will see the best results by letting your muscles fully recover! I recommend you use a timer as well. You can go by instinct but using a timer like a watch or a cell phone will really help with the number of seconds you are resting between sets. All the exercises above have been specifically tailored for us to hit our arms in a variety of ranges, thus stimulating a maximum amount of hypertrophy in both slow twitch and fast twitch muscle fibres. Make the Popeye Arms Program your bread and butter biceps and triceps workout. Feel free to change some of the movements, personally more often than not, I would stick with the suggested exercises. Be sure to keep the fascia principle in the beginning, that is the heart and soul of this program.