



HOW TO BUILD

SLEEVE POPPIN' ARMS



**INCLUDES KEY EXERCISES
AND TIPS**

**EXPLAINS ANATOMY AND
FUNCTION OF THE MUSCLE**

**SAMPLE WORKOUTS
TO TRY**



INTRODUCTION

There is one muscle group that everyone wants to grow. That's the arms. Big arms have always been the testament to a good physique. Think about it, when you ask someone what they are looking to achieve from working out; they often say that they want bigger arms. The mystery is in how you build big arms. Sure, you know that you should do some curls, but did you know there's more to it than that? Training the arms can be approached in a strategic way that will provide some outstanding results. Everyone is looking to fill those sleeves, and I'm going to show you exactly how you can in this E-Book.

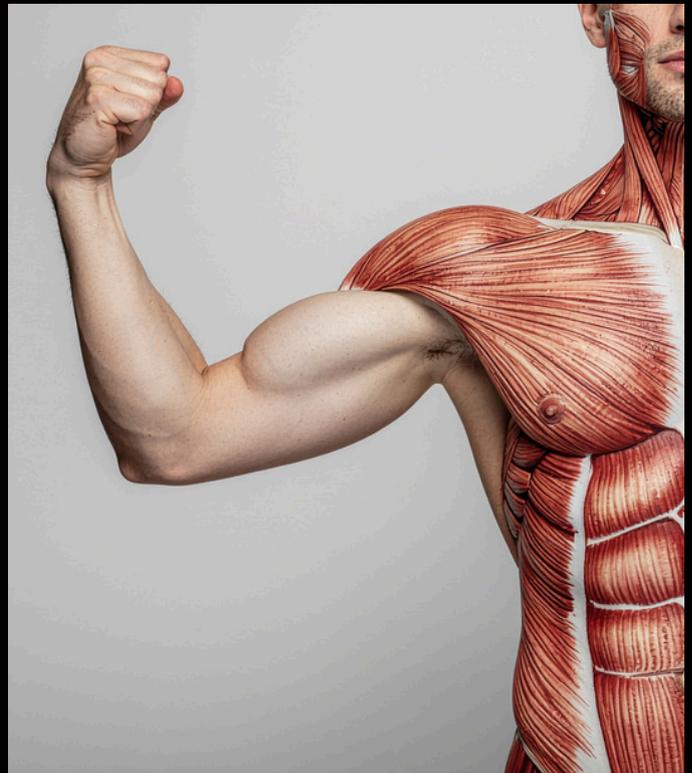
FUNCTION OF ARMS

The arms are an important part of our lives. Obviously, we wouldn't be able to do half of the tasks we do now without arms. We wouldn't be able to pick things up, drive our cars, brush our teeth, or wipe our butts for that matter. We need the arms to do a lot of things! Depending on your lifestyle and goals, you may also be trying to pick up heavy things. You need strong arms to do this. Maybe you are working construction or help people move for a living. Those arms need to be functional and able to do the job in front of you. Bigger isn't always stronger, but with the arms this usually applies.

All of that being said, the arms are a very functional part of the human body. They are the most primitive form of tool, self-defense, and even communication. Now I'm going to show you how to take those tools and make them huge.

ANATOMY OF ARMS

The arms are broken up into multiple parts. The arms do include the shoulders, but we're going to look at the main portion. You have a front and a back to the arm. This includes the various heads of the bicep in the front, and the various heads of the tricep in the back. In addition, you have the forearms past the elbow. This connects into the hand and controls the movements and strength of the hand.



THE BICEP



The bicep contains three compartments. These are the biceps brachii, brachialis, and the coracobrachialis. Each of these make up what are referred to as the heads of the bicep. It may seem to be one big muscle, but in reality, there are three muscles. The biceps brachii is a two-headed muscle that controls most of the flexion of the arm. Meaning, that when you do regular curls, you are most likely using the biceps brachii. The heads are separated into a long head and a short head and are activated depending on the orientation of the forearm. If you are doing a curl with a supinated grip (palms upwards) then you are hitting the long head. If you want to hit the short head of the bicep then you would use more of a neutral grip (palms facing inwards). These muscles are not only important for the function of the arms, but also for the appearance that they achieve.

The brachialis is secretly the prime mover during flexion of the elbow. While the biceps brachii are the most visible, this one is truly the most powerful. It is located on the inside of your arm, close to the elbow. It ties into the back of the arms as well. It can be worked to increase the size of the arms, but its main job is to function for movement. Lastly there is the coracobrachialis. This is more of a functional muscle as well. It ties into the humerus and the shoulder and is often playing large roles in movement in this area. Interesting enough, while this is part of the biceps, it is actual used more during pressing movements such as bench press.

THE TRICEPS

While everyone is usually worried about their biceps, there is an entire back half of the arm. This muscle actually makes up about $\frac{3}{4}$ of the entire arm. The tricep is a three-headed set of muscles, hence the "tri." They include a lateral, medial, and long head. If you were to look at the back of the arms, you would notice that it looks almost like a horseshoe. The outer portion is the lateral head, the more internal portion is the long head, and then there is the medial head which is underneath them all.

While the bicep was used to flex the arm, the tricep is used to extend the arm or lock it out. This makes the tricep important for many of the pressing movements such as bench press or shoulder press. All heads of the tricep typically act in unison for any type of extension of the arm. It is important that you vary the training intensity with the triceps, however. Some of the various heads will not activate unless under a certain amount of force.

THE FOREARM

At the distal end of the arm is the forearm. This includes a ton of muscles that go into the movement of the hand and fingers. While most people will focus on the larger part of the arm (bicep/tricep) the forearm goes into the complete package. Luckily, the forearm muscles are used during most arm movements. If you are training biceps or triceps, the forearms will be involved in some form or fashion. This allows for them to grow alongside everything else. There are, however, direct exercises to build the forearms as well.



HOW YOU SHOULD TRAIN ARMS

Yes, if you train the arms, they will grow. However, there is a more ideal way to do so. While there are multiple parts to the arms, it is still a small muscle group in relation to some of the others. This means that it will not be the strongest. When you have these smaller muscle groups that aren't as strong, they need to be trained in a different way. This is most often accomplished by using higher rep schemes and lighter weights.

There is no need for you to go as heavy as you can on the bicep curls or tricep extensions. This will only increase the risk of injury and overuse. Instead, you should focus on going for a lighter weight that you can control throughout the range of motion. While doing this, you should aim for a higher rep range to elicit hypertrophy. This will also push blood into the smaller muscle groups, which will aid in the growth factor and nutrients being received. Think of it this way... Smaller muscle group = High Reps + Low Weight. If you stick with this, those sleeves are going to start getting pretty tight. Training Split for Arms The training split for arms can vary. It really depends on your genetics or where you are now with you progress. If you are someone who just has big arms, you may not need to train them as much. If you are just starting out and looking to put on some size, then you would want to include them more frequently. Most common is to just have an arm day. Many people enjoy going to gym just to focus on filling the sleeves. This is great for some intentional work that is centered around hitting all heads and areas of the arm. In addition, if you are trying to bring up the arms you can utilize some touch up sets. This just means that on your other body part days, you include a few sets of biceps or triceps. For example, on your chest day you could include some tricep work since you are already working them. On your back day you could include some bicep work, as they are being used for most pulling movements. And to take it to the next level you could also include a solo arm day into your week as well. This way you are hitting the arms multiple times a week and maximizing growth. Those are a few ways in which you can set up your training split for the arms!

JOINT RECOVERY

As you are training arms, pay attention to how your joints feel. This is important so that you can avoid injury. The arms include a ton of tendons and joints, which are used in a lot of other compound movements. As mentioned in the previous section, you use your biceps during pulling movements. This means that you are putting some work on those joints as is with the pulling exercises. All of that work can compound and eventually cause some wear and tear on those small tendons and/or joints. Without proper care and recovery this can lead to an overuse injury. Just take time to recover properly and pay attention when things are hurting. This could mean the difference in you training for a long time or having a short run due to injury.



STAPLE EXERCISES HOW TO

BARBELL BICEP CURL

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DB BICEP CURL

This one is very similar to the barbell curl, except you are going to be using dumbbells. Start in the same position of feet about shoulder width apart and the dumbbells at your side. Your palms will be facing inwards at this point. As you go to curl the weight, you will rotate the forearm throughout the movement and finish with the palms in that supinated position. As you lower the weight, you will again rotate the forearm back to the original starting place. Remember to avoid swinging the weight as you do these. This movement can also be done seated.

STAPLE EXERCISES HOW TO



DB HAMMER CURL

The only difference in this movement is that you are going to remain in that neutral grip the entire time. It's called a hammer curl, because you are going to be gripping the dumbbell similar to a hammer. Ensure that you are still pinning your elbows to your side as you do this one. This will help keep the pressure off of the shoulder and on the bicep. Get a good squeeze at the top of the movement and slowly lower the dumbbells back to the start position. This can also be done from a seated position.

INCLINE DB BICEP CURL

For this movement you will need an incline bench. Take a seat on the bench and place your whole back onto it. Grab your dumbbells and have them at your sides. Pinch the shoulder blades together and begin to curl the weight. As you do so, rotate at the forearm just as you would with a normal dumbbell curl. You will finish the full range of motion at about the chest. From here, control the weight all the way back to the start position. The goal is to control it on the way down here. Avoid letting your arms just swing back or drop to the bottom position. This movement will not require a ton of weight to be done properly.



STAPLE EXERCISES HOW TO

PREACHER CURL

If your gym doesn't have a preacher curl machine or station, then you could do these on an incline bench. Most of the stations or machine will have a seat on them so that you can sit while performing the curls. Your elbows will start at a more elevated position against the pad. You will start with the handles, barbell or dumbbells (either work) closer to your face. The pad should be in your armpit crease slightly. From here, control the weight on the way down to the bottom. Avoid letting the elbows fully extend, as this could hyperextend your arm. Once you reach the end of the movement, curl it back towards your face.



OVERHEAD TRICEP EXTENSION

This can be done seated or standing. The important part is that you keep your body straight vertically. From here, you are going to take a dumbbell and hold it by the bell over the top of your head. You will slowly lower the weight behind your head until the top of the dumbbell is at the base of your skull. From here you will extend your arms so that the dumbbell returns back over your head. Fully lock out the arms to get the best effect.

STAPLE EXERCISES HOW TO

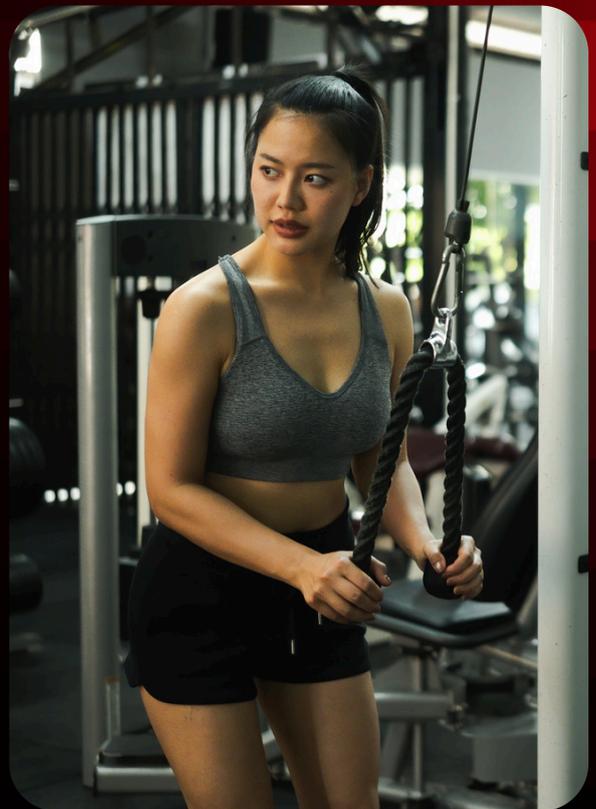


LYING TRICEP EXTENSION

Start by grabbing your dumbbells and lying back onto a flat bench. Have full contact with the ground and the bench just as you would during a bench press. Hold the dumbbells directly out in front of you, just as you would to press them. Have your grip in a neutral position so that your palms would be facing each other. Next, break at the elbow and allow the weight to come down by your ear. Once you have reached this point, extend the arm to return to the start position. Ensure that you are using a lot of control for this exercise and not swinging or bouncing them.

CABLE TRICEP PUSHDOWN

Most gyms will have an attachment for the cables that is a pronged rope. Using this, you will stand with feet shoulder width apart, and create a slight break at the hip and knees. Your chest should come over slightly as well. Grab the rope with both hands and extend the elbows until they are locked out at your sides. Slowly allow the weight to return to the start position.



STAPLE EXERCISES HOW TO

DB KICKBACK

To perform this movement, you will need to use a very light weight. Grab two light dumbbells and hold them at your side. Have your feet about shoulder to hip width apart and pinch your shoulder blades back. Unlock your knees and push your hips back so that your chest comes over. Keep your elbows pinned to your sides the entire time. Your forearms can unlock so that your knuckles are facing the ground. With a slight bend at the knees, back flat, and elbows pinned you will work to lock the arm out completely. Once you have done so, you can return to the position with your knuckles facing the ground. Keep your back flat the entire time you do this movement. Please use light weight so that you are not pulled into a weird position.



FOREARM CURL

This can be done with a barbell. All you need to do is grab a barbell and hold it behind your back instead of in front of you. Your palms should face behind you, and the barbell should rest slightly above or right at your butt. Stand nice and tall and use your wrist to curl the barbell. That's it. Do this repeatedly for a high amount of reps.

EXAMPLE WORKOUTS

WORKOUT #1

- **100 reps (100 total reps of each exercise split up however you like)**
- DB Bicep Curls
- Lying Tricep Extensions
- Forearm Curls

WORKOUT #2

- **Barbell Bicep Curls** (5 x 12 reps)
- **Standing Overhead Tricep Extensions** (5 x 20 reps)
- **Incline DB Bicep Curls** (5 x 12 reps)
- **Cable Tricep Pushdowns** (5 x 20 reps)
- **Drop Set Hammer Curls** (Till Failure)

WORKOUT #3

- **SUPERSET**
DB Bicep Curls (5 x 10 reps)
Lying Tricep Extensions
- **SUPERSET**
DB Hammer Curls
Cable Tricep Pushdowns (5 x 10 reps)
- **SUPERSET**
Preacher Curls (5 x 10 reps)
DB Kickbacks