

BEN PAKULSKI'S



M40

**21 Days to
BIGGER ARMS**



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21 DAYS TO BIGGER ARMS TRAINING MANUAL

**BY BEN PAKULSKI
HONORS KINESIOLOGY DEGREE, CSCS, ACE, MAT**

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WHAT YOU NEED TO KNOW

What is the logic and rationale behind the program design?

THE LOGIC IS TO COMPLETELY OVERLOAD THE MUSCLE FROM AS MANY DIFFERENT ANGLES AS POSSIBLE AND TO RECRUIT AND FATIGUE AS MANY DORMANT MUSCLE FIBRES AS POSSIBLE IN A 3 WEEK PERIOD.

SMALL MUSCLES RECOVER FAST. THEY CAN TAKE GREATER FREQUENCY.

THE VOLUME SHOULD NOT BE TOO GREAT FOR MOST PEOPLE THAT EAT A WELL BALANCED DIET.

JUST DO NOT TRY THIS FOR LONGER THAN 3 WEEKS AT A TIME.

Why is this set up so effective?

3 COMPLETELY DIFFERENT TYPES OF WORKOUTS WILL STIMULATE THE MUSCLE IN MANY DIFFERENT WAYS. EXHAUSTING ALL DIFFERENT MUSCLE FIBERS.

Is the Arm Workout a stand-alone workout?

IT IS NOT NECESSARY TO COMPLETELY STOP ALL YOUR TRAINING WHILE USING THIS WORKOUT.

SIMPLY TRAIN LARGER MUSCLE GROUPS (CHEST/BACK) WITH A DAY REST BEFORE AND AFTER THE ARM WORKOUTS. A GOOD IDEA MIGHT BE TO TRAIN LEGS THE DAY AFTER TRAINING ARMS, OR TAKE A DAY OFF.



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Should I do it before or after I complete MI40?

AFTER DOING MI40 WOULD BE A GOOD TIME TO GIVE THIS A WHIRL. ANOTHER COMPLETELY DIFFERENT TRAINING APPROACH. VARIETY IS IMPORTANT TO ALL PROGRESSION.

Does my nutrition stay the same as the MI40 protocol?

THE NUTRITION PRINCIPLES SET FORTH IN THE MI40 PROGRAM ARE PRINCIPLES THAT SOMEONE SHOULD FOLLOW ALWAYS. THEY ARE STAPLES OF A SOLID AND CONSISTENT NUTRITION PLAN.

THE WORKOUT SCHEDULE

You'll notice there are 3 workouts written below. Basically, they need to be done so that one workout falls every 2-3 days.

BICEPS AND TRICEPS SCHEDULE

MONDAY	Workout 1
THURSDAY	Workout 2
SUNDAY	Workout 3
TUESDAY	Workout 1
FRIDAY	Workout 2
MONDAY	Workout 3
THURSDAY	Workout 1
SUNDAY	Workout 3

See Workout Calendar on the next page...



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THE WORKOUT CALENDAR

WEEK 1

MONDAY WORKOUT 1	TUESDAY	WEDNESDAY	THURSDAY WORKOUT 2	FRIDAY	SATURDAY	SUNDAY WORKOUT 3
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WEEK 2

MONDAY	TUESDAY WORKOUT 1	WEDNESDAY	THURSDAY	FRIDAY WORKOUT 2	SATURDAY	SUNDAY
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WEEK 3

MONDAY WORKOUT 3	TUESDAY	WEDNESDAY	THURSDAY WORKOUT 2	FRIDAY	SATURDAY	SUNDAY WORKOUT 3
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WORKOUT 1 AM:

BICEPS/TRICEPS

EXERCISE	WORK SETS	REPS	REST	TEMPO
Barbell Preacher Curl	5	8	1 min	4010
Incline Dumbbell Curl	4	6	1 min	30X0
Close grip Bench*	5	8	1 min	4010
NOTE* Elbows at side				
California press	4	6	1 min	4020
PM ideally between 4-6hrs after completing AM workout				

WORKOUT 1 PM:

SUPERSET BICEPS/TRICEPS

EXERCISE	WORK SETS	REPS	REST	TEMPO
SUPERSET:				
Machine Preacher Curl	3	15	—	3010
Reverse Grip Tricep Pushdown	3	15	1 min	3010
SUPERSET:				
Standing Barbell Curl	3	15	—	4010
Two-Arm Dumbbell French Press	3	15	1 min	4010
SUPERSET:				
Two-Arm High Cable Curl	3	20	—	4020
Two-Arm Cable Kickbacks	3	20	1 min	4020
STRAIGHT SET:				
Reverse Grip Fat Gripz Barbell Curl	4	15	40 sec	4011*
NOTE* 4011 tempo 1-second hold at top				



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WORKOUT 2:

GIANT SET BICEPS/TRICEPS

This workout is to be done in GIANT set format. ONE continuous set.

MAXIMUM 10 seconds between exercises (ideally less)

Follow the EXACT order, rep scheme, tempo and rest indicated. Minimize cheating!

EXERCISE	WORK SETS	REPS	REST	TEMPO
MI-1 Standing Barbell Curl	1	8	10 sec	4010
MI-2 Standing Two-Arm Dumbbell French Press	1	8-10	10 sec	3010
MI-3 Seated Dumbbell Curl*	1	8	10 sec	3010
NOTE* Thumb pressed against inside of dumbbell				
MI-4 Converging Bar Dips*	1	10	10 sec	3010
NOTE* Weighted if necessary				
MI-5 Reverse Grip Fat Gripz Barbell Curls*	1	8	10 sec	4011
NOTE* one second squeeze at top				
MI-6 Close Grip Bench Press*	1	12	10 sec	4010
NOTE* Elbows high-under bar				
MI-7 Spider Curls with dumbbells*	1	15	10 sec	2010
NOTE* Off back of incline bench				
MI-8 Tricep Cable Pushdown Wide Hand position	1	12	10 sec	4010
MI-9 Standing Narrow grip barbell curls*	1	8	10 sec	3010
NOTE* 4-6inches cambered bar is fine				
MI-10 Narrow Grip Triceps Push downs	1	20	10 sec	3010
MI-11 Hammer Two-Arm Dumbbell Curls	1	6	10 sec	3010
MI-12 Two-Arm Cable Tricep Kickbacks	1	12-15	10 sec	3010
MI-13 Two-Arm Cable Bicep Curls	1	15	10 sec	4010
MI-14 Overhead Cable Rope Extensions	1	20	10 sec	3010

MOST people will be more than cooked by the time this ONE SET is complete.

If you worked hard and use appropriate weights, you can stop here.

For more advanced athletes and bodybuilders, you can do 2 SETS of this GIANT set workout. NO MORE than that.



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WORKOUT 3:

BICEPS/TRICEPS

EXERCISE	WORK SETS	REPS	REST	TEMPO
Incline Dumbbell Curls	5*	8	1 min	3010
NOTE* 5th set with NOS				
Preacher Barbell Curl*	5	10	40 sec	4010
NOTE* 90-Degree pad/perpendicular to floor				
Barbell 21's	3	21	40 sec	4010
a) Start at bottom, come half way up for 7 reps				
b) Start mid point, come all the way to top without moving upper arm for 7reps				
c) Full reps for 7 reps.				
Lying Tricep Cable Extension Flat Bench*	4**	15	40 sec	4010
NOTE* Touch bar to chin **4th set NOS				
Lying Barbell Tricep Extension*	4	8	1 min	4010
NOTE* Touch bar to hairline				
Tricep Cable Pushdown with Straight Bar	4*	10	1 min	3010
NOTE* 4th set NOS				
Machine or Converging Bar Dips*	4	Failure	40 sec	4010
NOTE* Bodyweight to failure				