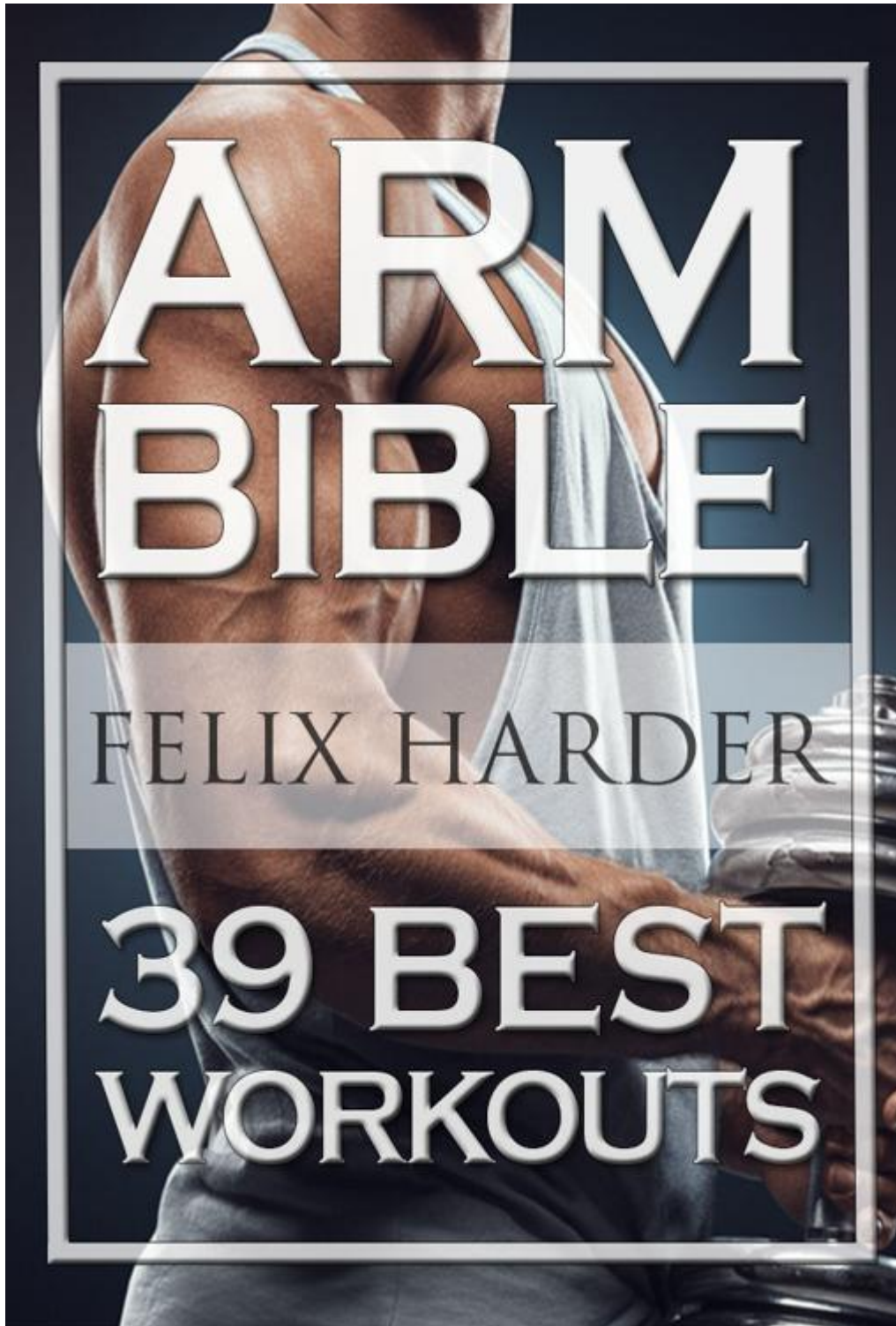




ARM BIBLE

FELIX HARDER

39 BEST WORKOUTS



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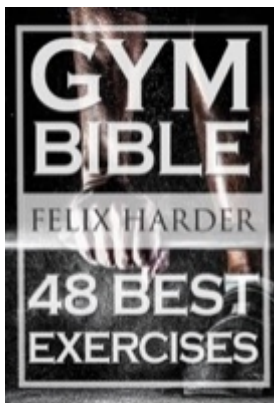
The 3-Part Program Includes:

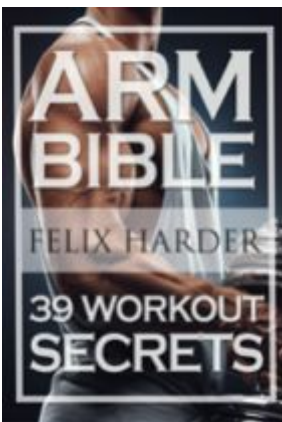
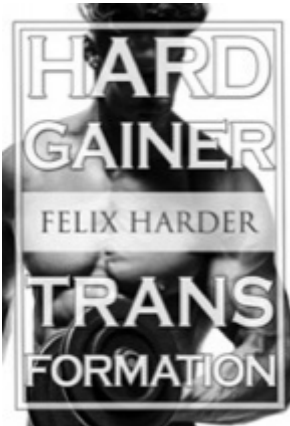
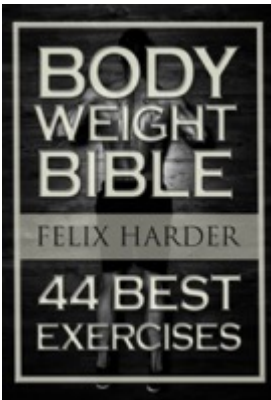
1) My Workout Routine That Made Me Gain 10 Pounds Of Lean Muscle in under 6 Months, Training Only 3 Times Per Week

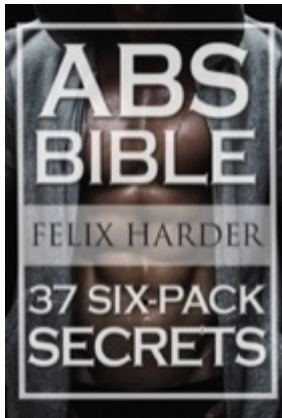
2) Everything You Need To Know About Workouts, Nutrition and More

3) And All The Beginner Mistakes You Should Avoid I care about my readers and only give advice which is proven to work and that I have personally tested.

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Introduction

One of the first body parts that people notice is your arms. Even though they make up just a small part of the whole picture, we all know how much positive attention a set of big guns can attract.

Well-defined and large arms are a standard trait in a bodybuilder's physique and will help you with other compound exercises that work your back or chest.

It is safe to say that all gym goers want great arms, but many are not getting the most from their arms training. It is time to train your triceps and biceps not only harder but smarter. I'm going to teach you everything you need to know to get bigger and leaner arms. We will start with the anatomy of the arm muscles. As you will see, not all muscles are created equal.

The second part of the book covers the best workout routines you should be doing for optimal muscle growth. I listed every exercise and the exact amount of reps you should do. Part three is all about nutrition and supplements. You probably know that the right foods are even more important than the right training. But what exactly should you eat, and what supplements do you need? Don't worry, I got you covered.

At the end of the book I included a huge list of over thirty arm exercises! Each exercise is explained in detail, with a picture, safety tips and possible variations. That way you will never have to worry about finding new exercises when working out your arms.

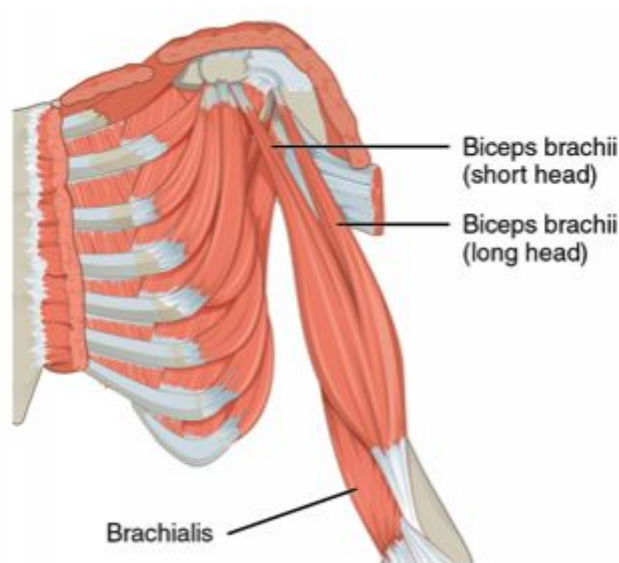
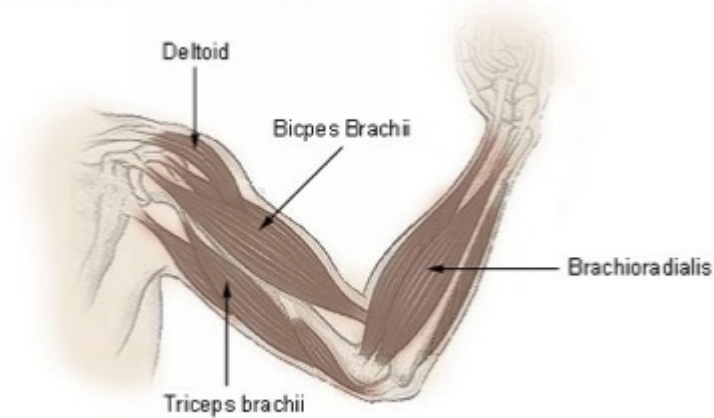
Arm Muscles Anatomy

In order to develop big arms you need to understand the basic anatomy of all the different arm muscles. This includes their functions and specific location. Only when you know how each muscle works, can you train them properly. Of course you don't need to remember every last detail about muscle anatomy. To train effectively, focus on understanding where the arm muscles are located and what their exact functions are.

Our arms are made up of several different muscles. Most importantly:

- The biceps, which covers the upper arm in the front.
- The brachialis, which covers the elbow.
- The triceps, which is positioned in the back of the upper arm.
- The brachioradialis, the muscle that covers the outer part of the forearm.

Muscles of the Upper Extremity



Biceps Anatomy

Image by: Carl Fredrik

Most important facts:

- The biceps brachii is a two-headed muscle (long and short head).
- The biceps brachii forms most of what we consider the bicep muscle. Most exercises aim at causing hypertrophy in this

muscle.

- Connected to the bone of the arm by several tendons.

Detailed explanation:

The biceps muscle group, with its most important muscle the biceps brachii, is composed of two heads – a long head and a short head. Both the long and the short head of the biceps brachii originate (starts) at the shoulder blade (scapula), and inserts (ends) on the forearm.

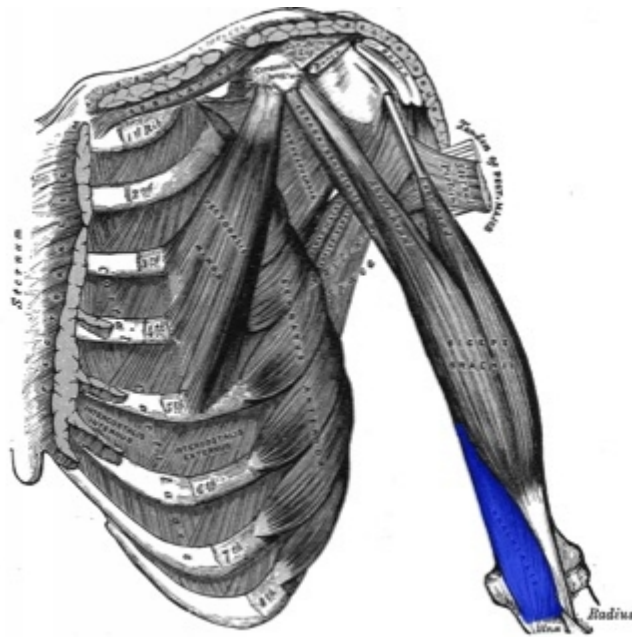
The main function of the biceps is to bring the forearm to the upper arm – to flex the elbow. However, there are two more functions to the biceps that many people are not aware of, which is the flexion and abduction of the shoulder and the supination (externally rotation) of the forearm. In order to train the biceps in the most efficient manner, you have to understand all of their functions.

A side note on genetics: Not all of us can attain the gigantic peak we think of when we imagine big biceps, because this peak is genetic. That means some people have a longer biceps “muscle belly” than others. In this case the tendon that attaches the bicep to the forearm originates later and can create a larger peak.

Training:

The basic movement to train the Biceps muscles is the curl. Curls can be done with three types of grips: underhanded, neutral and overhanded. Changing your grip will affect how each muscle is working:

- Supinated Grip (palms facing up): hits the biceps most effectively.
- Neutral Grip (palms facing legs): will maximize development of brachialis, due to direct line of pull.
- Pronated Grip (palms facing down): will work the brachioradialis.



Brachialis Anatomy

Most important facts:

- The Brachialis muscle is found under the Biceps Brachii.
- Responsible for flexing the elbow.
- Helps achieve a fuller and rounder look in your arms.

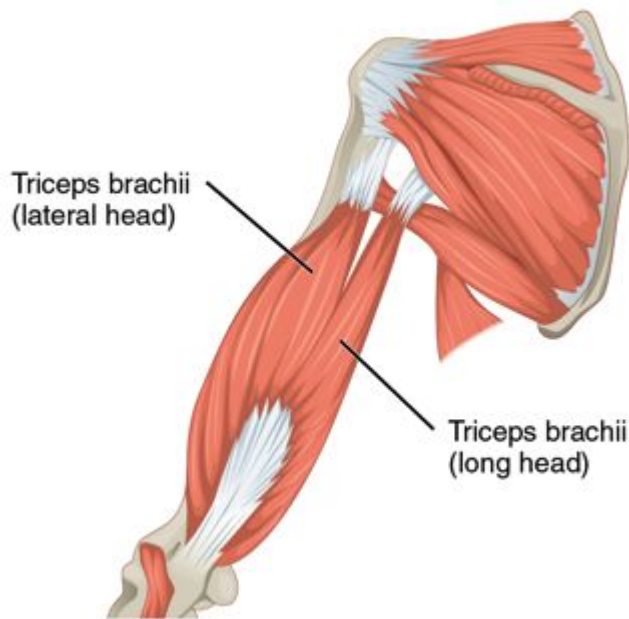
Detailed explanation:

The Brachialis is a deep muscle under the Biceps Brachii, responsible for flexing the elbow. It starts at the lower front section of the humerus and inserts around the inner forearm bone (coronoid process of the ulna). The Brachialis is able to produce force regardless of the position of the shoulder or forearm.

Even though the Brachialis makes up a smaller portion of the arm, it should not be neglected. When targeting the Brachialis during your workout, you will achieve a fuller and rounder look in your arms. They will get the “peaked” look that many bodybuilders have.

Training:

See Biceps – Neutral Grip



Triceps Anatomy

Image by: Carl Fredrik

Most important facts:

- The Triceps Brachii makes up two thirds of your arm.
- Comprised of three sections, which cover the entire back of your arm.
- Important for stabilization of the shoulder joint.

Detailed explanation:

The Tricep Brachii's function is to extend the elbow. The name means "three heads", which cover the entire back of your arm. The long head originates at the shoulder blade (infraglenoid tubercle of the scapula) and supports the arm during shoulder extension. The medial and lateral head originate at the upper arm bone (humerus).

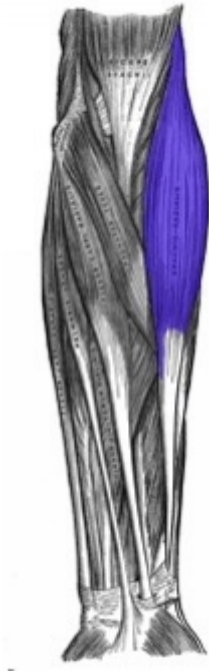
They all insert at the inner forearm bone (olecranon process of the ulna).

Even though the Triceps makes up more arm size than the biceps it is often neglected. However, under training this muscle can result in strains and tears of other muscles due to over-compensation.

Make sure to include your triceps in your arm workout.

Training:

The triceps brachii can be trained by extending the elbow, which is the movement you should focus on during triceps exercises. The grip choice does not have the same impact that it does training your biceps, but you should watch your shoulder angle.



Brachioradialis Anatomy

Most important facts:

- Considered upper arm muscle
- The thick cord-like muscle, seen when the arm is fully straightened

Detailed explanation:

The brachioradialis is located mostly on the forearm, but still considered an upper arm muscle. It acts to flex the elbow and starts at the lateral condyle of the humerus and inserts at the styloid process of the radial bone. The brachioradialis is the strongest elbow flexor, when the forearm is in a neutral position (between supinated and pronated).

Training:

See Biceps – Pronated Grip

The Workout

There are countless theories out there about how to best train arms.

Some say you should focus on high-rep training and avoid overtraining, while others believe training several times per week is the key to getting Arnold-like guns. Some even say that you shouldn't directly train arms and only focus on major compound exercises instead. All these different theories leave many beginners confused, not knowing where to start. They ask themselves:

- What exercises should I do?
- How many sets should I do?
- How many reps should I do?
- How often should I train arms?

We will answer all of these questions in a bit. For now, let me tell you that in my opinion there is some truth to all the theories I just mentioned, but the perfect training is a combination of them.

What many beginners fail to realize is that they already train their arms several times per week, even when not doing any direct arm exercises. Almost every compound movement such as in the traditional bench press involves your biceps or triceps. The basic rule is simple: Every time you do a pressing movement, you use

your triceps. Every time you pull, you use your biceps and forearms. This means that your arm muscles already get a lot of work during compound exercises. I, and many experts, believe however, that only compound exercises are not enough to stimulate significant muscle growth and that you should do isolated biceps and triceps exercises. If you agree with me on this premise, the question is whether you should do high-rep, low intensity arm training or low-rep, high intensity arm training?

To answer this question, we need to remind ourselves what exactly causes muscle growth (= muscle hypertrophy). After a workout, the body repairs damaged muscle fibers through a cellular process where muscle fibers are fused together to form

new muscle protein strands (=myofibrils). The repaired muscle strands increase in number and thickness, which leads to muscle growth. This growth, however, does not occur while lifting the weights. Instead, it happens while you rest. The good news is that both heavier lifting and fewer reps as well as lighter lifting and more reps lead to muscle growth. This means that either way your muscles will grow bigger.

However, research has shown that the growth you see during lighter lifting involving more reps (10 - 12) is due partly to an increase in the volume of the fluid in your muscle (water, glycogen, etc.) and it will disappear after a few days of rest. Heavier lifting and fewer reps (4 - 8) on the other hand, always lead to an actual

increase in the size of the muscle fibers. My personal experience confirms this, which is why I always recommend fewer reps and heavier weight (while maintaining perfect form, of course).

Arm Day Workout Plan

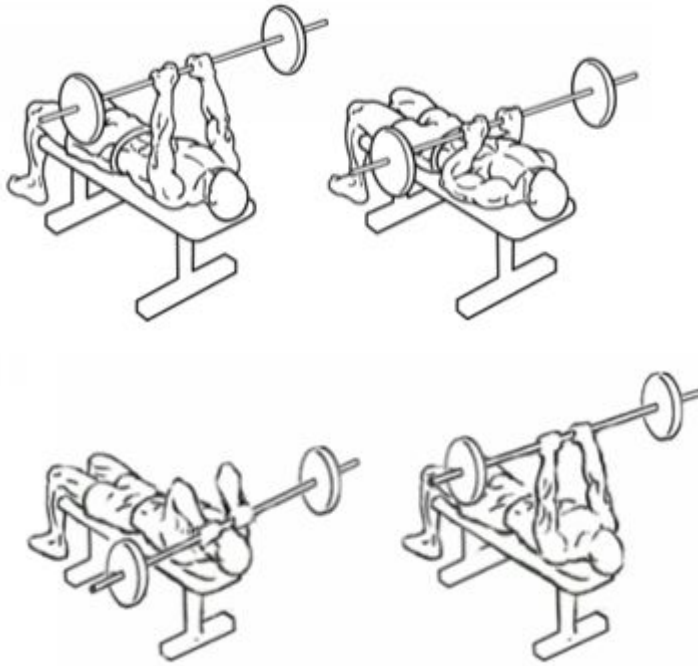
As said before, you will see the best results if you combine compound and isolated exercises. Dedicating an entire workout to training your arms is a great way to force muscle hypertrophy in both your biceps and triceps. This “Arm Day” doesn’t have to involve a sophisticated workout plan, and as often in bodybuilding, it’s best to stick to the basics. For this workout, you are going to be focusing on intensity. You are not training any other important body parts, so you can increase the intensity by keeping the rest periods short.

Try to work with heavy weights and go to failure. You will feel the results on the day after, I promise. Avoid locking out your movements and keeping tension on the muscles through the movement. Whenever you are locked out, it puts the stress on the joints, not on the muscles.

Note: You can find a detailed description of every exercise at the end of the book under “All Arm Exercises”

Triceps:

1. Exercise: Close Grip Bench Press



1 Warm-Up Set of 6 – 8 Reps

3 Working Sets of 6 – 8 Reps

2. Exercise: Lying Triceps Press / Skullcrusher 3 Working Sets of 6 – 8 Reps

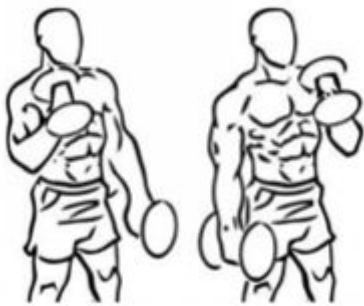
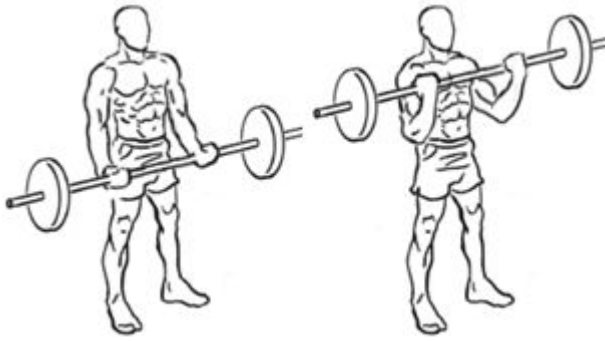
3. Exercise: Triceps Pushdown

3 Working Sets of 6 – 8 Reps



4. Exercise: Seated Triceps Press

3 Working Sets of 6 – 8 Reps



Biceps:

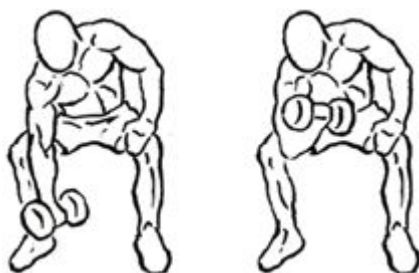
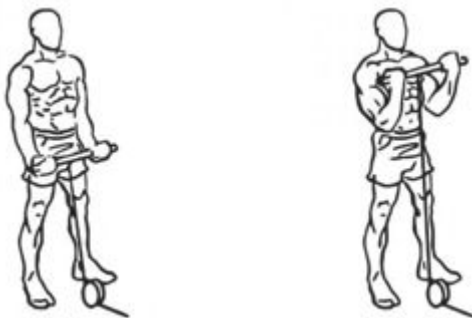
1. Exercise: Barbell Curl

1 Warm-Up Set of 6 – 8 Reps

3 Working Sets of 6 – 8 Reps

2. Exercise: Alternating Hammer Curls

3 Working Sets of 6 – 8 Reps



3. Exercise: Cable Curls

3 Working Sets of 6 – 8 Reps

4. Exercise: Concentration Curls

3 Working Sets of 6 – 8 Reps

Arm Workout In Your Normal Routine

...but what if you don't want to add an extra arm day to your normal workout routine. What if you prefer sticking with your usual 3 day split routine, but still want to optimize your arm workout? No problem. You don't have to dedicate an entire day to training only arms to see good results. Below you'll find the workout plan I used for two months and saw a great increase in arm size and strength. It's a complete workout plan that will cover all major muscles of your body, while also focusing on your arms.

A possible workout schedule would be:

Monday – Day 1

Tuesday – Rest

Wednesday – Day 2

Thursday – Rest

Friday – Day 3

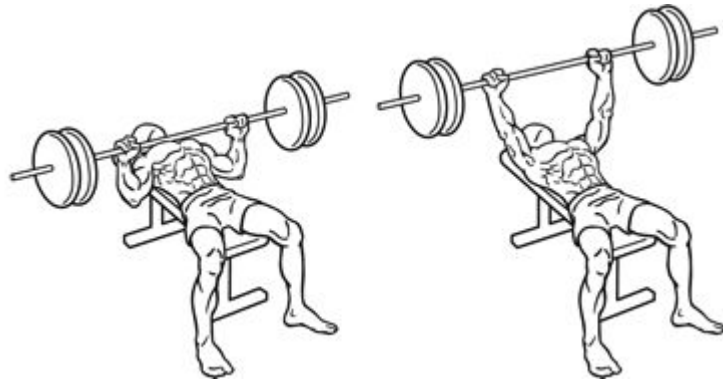
Saturday – Rest

Sunday – Rest

Again, try to work with heavy weights and go to failure. Avoid locking out your movements and keeping tension on the muscles through the movement. The workout does not include abs, which I

recommend you train at the end of day 1 and day 3 for 10 - 15 minutes (2 – 3 exercises).

Note: You can find a detailed description of every exercise at the end of the book under “All Arm Exercises”



Day 1: Chest / Triceps

Chest:

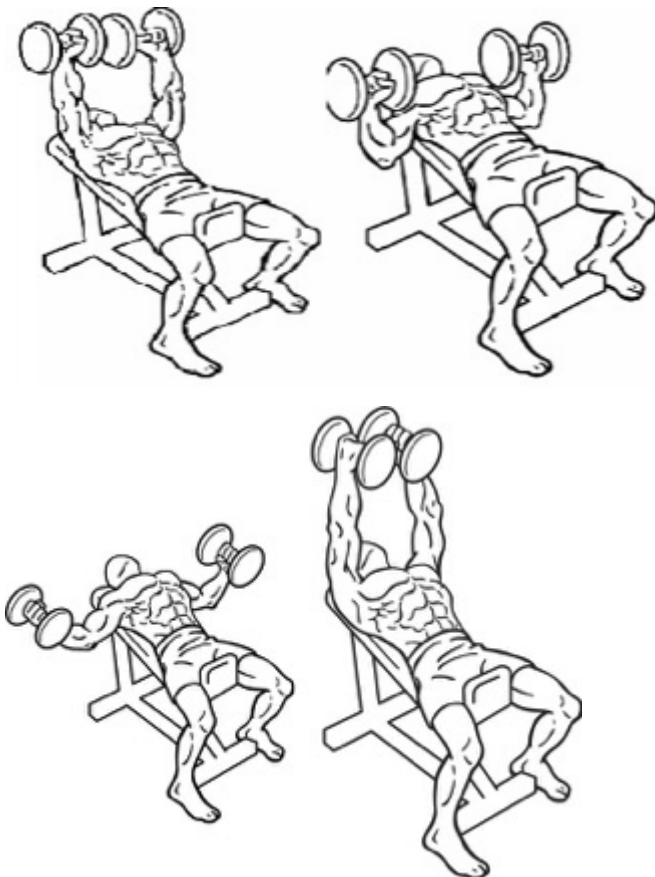
1. Exercise: Bench Press

1 Warm-Up Set of 6 – 8 Reps

3 Working Sets of 6 – 8 Reps

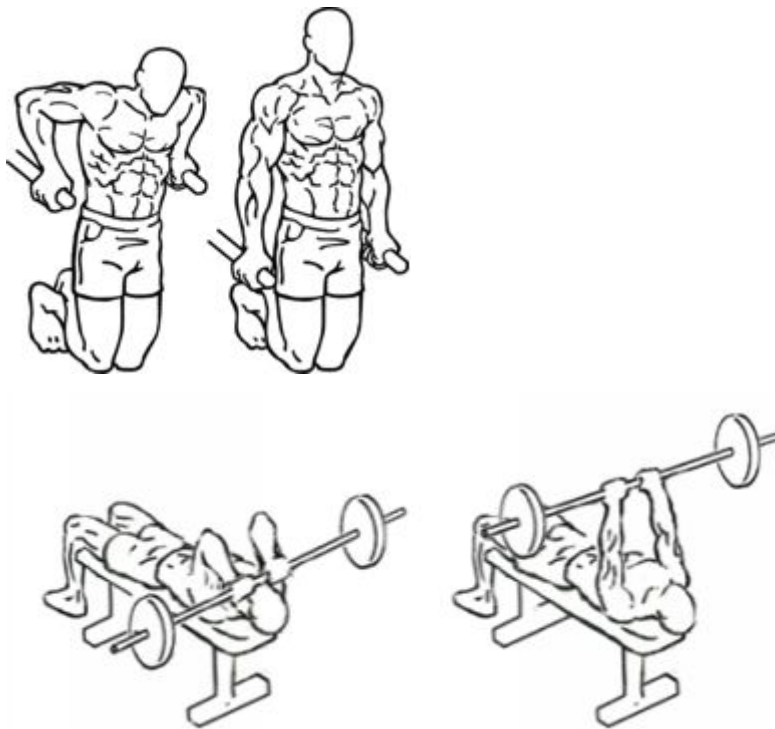
2. Exercise: Incline Dumbbell Bench Press

3 Working Sets of 6 – 8 Reps



3. Exercise: Incline Dumbbell Flys

3 Working Sets of 6 – 8 Reps

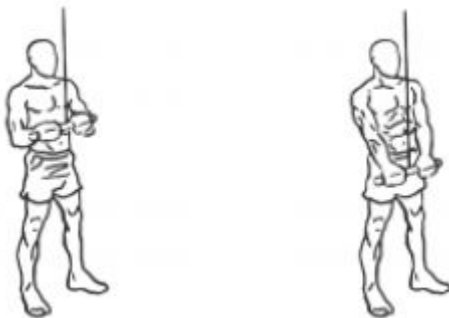


Triceps:

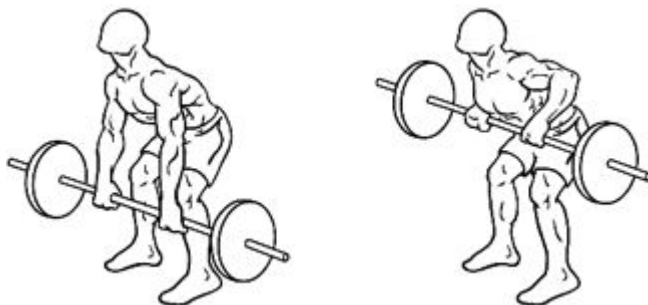
1. Exercise: Triceps Dips

3 Working Sets of 6 – 8 Reps (no need for a warm up set) 2.

Exercise: French Press / Skull Crushers 3 Working Sets of 6 – 8 Reps



3. Exercise: French Press / Skull Crushers 3 Working Sets of 6 – 8 Reps



Day 2: Back / Biceps

Back:

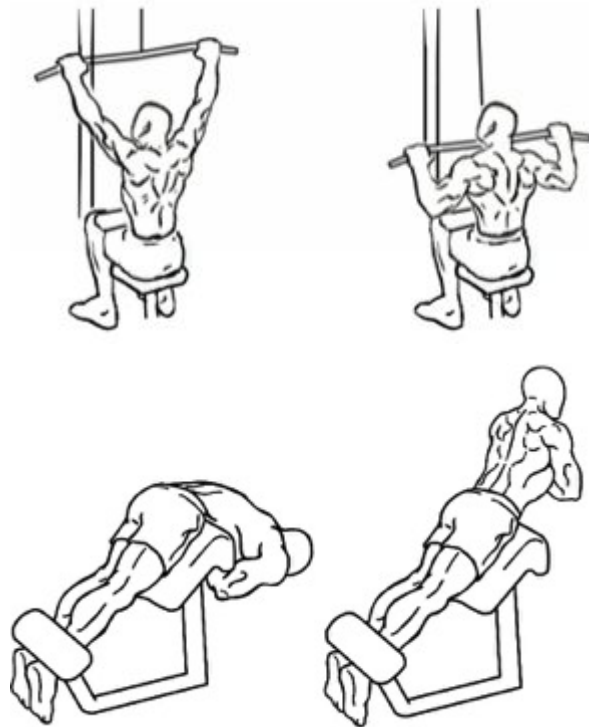
1. Exercise: Bent Over Barbell Row

1 Warm-Up Set of 6 – 8 Reps

3 Working Sets of 6 – 8 Reps

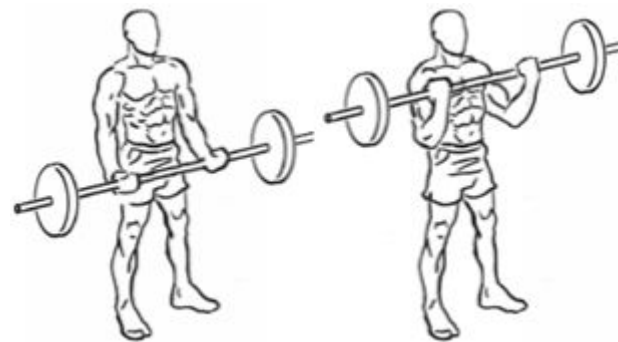
2. Exercise: Lat Pulldown

3 Working Sets of 6 – 8 Reps



3. Exercise: Hyperextensions

3 Working Sets of 6 – 8 Reps

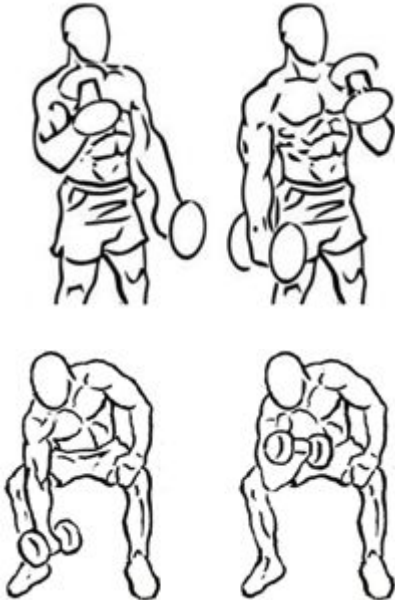


Biceps

1. Exercise: (E-Z) Barbell Curls

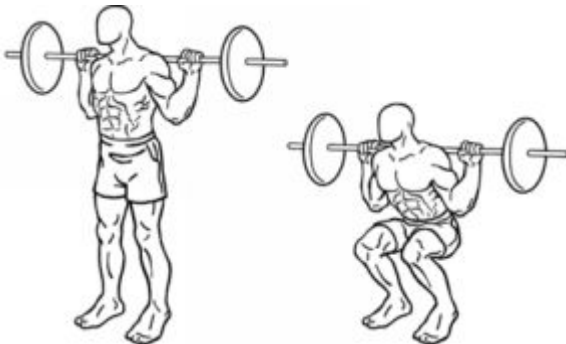
3 Working Sets of 6 – 8 Reps (no need for a warm up set) 2.
Exercise: Hammer Dumbbell Curls

3 Working Sets of 6 – 8 Reps



3. Exercise: Concentration Curls

3 Working Sets of 6 – 8 Reps



Day 2: Legs / Shoulders

Legs:

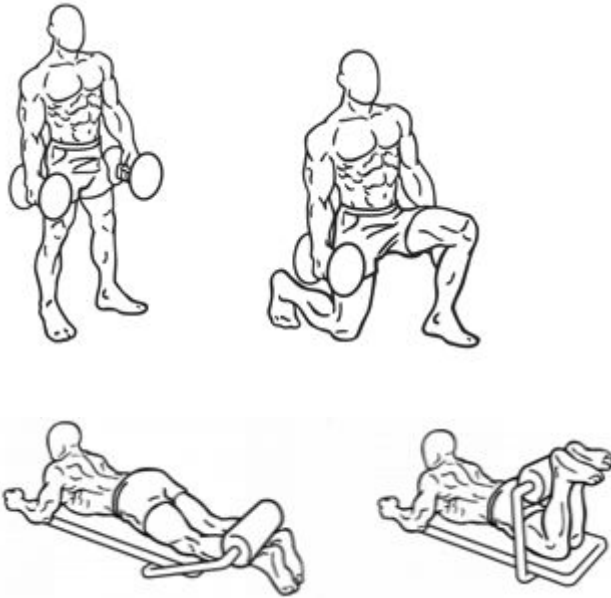
1. Exercise: Squats

1 Warm-Up Set of 6 – 8 Reps

3 Working Sets of 6 – 8 Reps

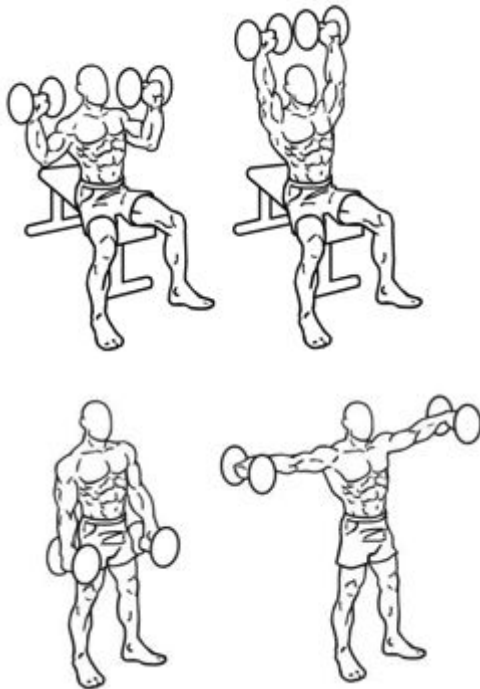
2. Exercise: Walking Barbell Lunges

3 Working Sets of 6 – 8 Reps



3. Exercise: Lying Leg Curls

3 Working Sets of 6 – 8 Reps



Shoulders:

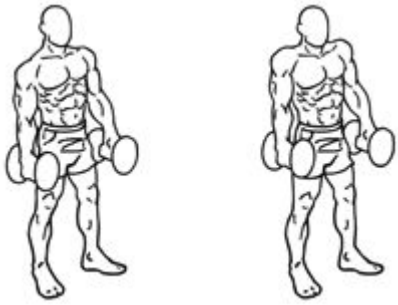
1. Exercise: Dumbbell Shoulder Press

1 Warm-Up Set of 6 – 8 Reps

3 Working Sets of 6 – 8 Reps

2. Exercise: Side Lateral Raises

3 Working Sets of 6 – 8 Reps



3. Exercise: Dumbbell Shrugs

3 Working Sets of 6 – 8 Reps

Nutrition & Supplements You have probably heard that the right nutrition is more important than the right workout. Well, it's true. If you don't give your muscles the necessary tools for a proper recovery and growth, then they won't get bigger or stronger. As all bodybuilders know, you will never see any significant gains if you aren't eating sufficient amounts of high quality food. Nutrition is about providing nourishment to your body. The human body needs proper nourishment for the maintenance of our body (muscles, bone, tissues, etc.) and muscle growth. So how do you provide your body with proper nutrition?

That's what macronutrients and micronutrients are for.

Macronutrients make up the majority of your diet. The most important macronutrients are carbohydrates, protein, fat and water.

Carbs, fats and proteins are interchangeable as sources of energy, with fats yielding nine calories per gram, and protein and carbohydrates both yielding four calories per gram.

Micronutrients are vitamins and trace minerals. They are called micronutrients because your body only requires them in very small amounts. Vitamins are organic substances that we ingest with our foods, which act like catalysts, substances that help to trigger other

reactions in the body. Trace minerals are inorganic substances which play a role in several metabolic processes, and

contribute to the synthesis of such elements as protein, glycogen and fats.

The Different Macros Explained Carbohydrates (“carbs”):

Despite what many people want you to believe, carbs are not evil.

They are an important source of energy for your body. The problem is that the average person over-consumes certain sources of carbohydrates, usually simple sugars from candy and soda, while forgetting about the complex carbs found in brown rice, sweet potatoes and oats. These are especially important for hardgainers, since you need to make sure to cover your daily calorie requirements through healthy foods, which your body can actually process.

Good Sources of Carbohydrate:

- Vegetables (all kinds)
- Fruit
- Oats and oatmeal
- Brown Rice
- Seeds
- Nuts
- Quinoa
- Chia
- Yams
- Lentils
- Whole Grain Breads
- Whole Grain Pitas
- Whole Grain Cereals
- (Sweet) Potatoes
- Whole grain pastas
- Beans

Carbohydrates to limit or avoid:

- White Pasta
- White Rice
- White Bread
- Instant Oatmeal
- Fruit Juices
- Bagels
- Donuts
- Muffins
- Sweets and Candies
- Processed Breakfast Cereals
- Processed corn products
- Processed potato products
- Processed rice products

Proteins:

Protein is a linked chain of amino acids, necessary for your body to maintain, grow and repair damage to its muscles. The normal adult gets enough protein through a healthy diet of natural foods, though an intense exercise program like the one in this book will call for a higher protein intake and the use of protein shakes for optimal results.

There are a various myths about protein shakes, such as that they are bad for your kidneys. While there might have been a few cases of kidney problems due to the excessive use of protein supplements, all you need to do to avoid this problem is drink more water. Excess protein will be flushed out of your kidneys and you will simply pee it out. Another popular discussion in the bodybuilding scene regards the amount of protein you need to consume in order to build muscle.

Research has shown that the average trainee looking to build muscle should consume between 0.6g and 1.1g of protein per pound of bodyweight. The exact amount depends on your genetics, goals and the rest of your diet, but you should aim to hit somewhere in that range.

Good Sources of Protein:

- Fish (Tuna, Salmon, Halibut)
- Lean Chicken (Chicken Breast)
- Cheese (Non-fat Mozzarella)
- Lean Beef and Veal (Low Fat)
- Pork Loin (Chops)
- Yogurt, Milk, and Soymilk
- Beans (Mature Soy Beans)
- Eggs (Especially Egg Whites)
- Nuts and Seeds (Pumpkin, Squash, and Watermelon Seeds)

Disclaimer: Animal products such as meat, eggs and dairy are good sources of protein; however, they can also be high in saturated fat and cholesterol. That is why more and more bodybuilders switch to a vegetarian or even vegan diet. Here are a few good vegetarian and vegan sources of protein:

- Green peas
- Quinoa
- Nuts and nut butter
- Beans
- Chickpeas
- Tempeh and tofu
- Edamame
- Leafy greens
- Hemp

Fats:

Just like calories, fats are not evil, per se. Instead, they perform a variety of necessary functions in your body. The problem is that most people eat too many saturated fats and trans fats, which increase LDL (“bad”) cholesterol and decrease HDL (“good”) cholesterol, while eating too few healthy fats like monounsaturated fats (found in canola oil and

olive oil) and Omega-3 fatty acids (found in flax seed oil, fish and other sources). The fact that fats have more calories ounce-for-ounce than proteins and carbohydrates is important for hardgainers. A diet which includes healthy fats will help you pack on size much quicker than any low fat diet.

Good Sources of Healthy Fats:

- Avocados
- Eggs
- Olive Oil
- Nuts
- Nut Butter
- Fatty Fish
- Dark Chocolate (in moderate amounts)
- Coconuts and Coconut Oil

Fatty Foods to limit or avoid:

- Pizza
- Burgers
- Microwaved Popcorn
- French Fries
- Frozen Foods
- Cookies
- Potato Chips

Other Supplements

Besides the already mentioned protein powder, there are two supplements that will help you get the most out of your arm workouts. Most others are almost useless or their small effect doesn't justify their price.

Creatine

Creatine monohydrate is an organic acid found naturally in food. It exists in substantial quantities in meats like beef and fish. As a supplement, creatine is widely accepted as offering

relatively direct benefits to both general athletes and bodybuilders alike, which is why it is one of the most widely used supplements on the market.

Creatine will help you reduce muscle soreness after a workout, build muscle and improve strength. Some people believe that creatine causes kidney problems, but these claims have been disproven by countless studies. For healthy athletes, creatine has been shown to have no harmful side effects and only subjects that already suffered from kidney diseases before the trials reported problems from the creatine.

Pre-Workout Booster

A good pre-workout drink can take your training to a new level. A bad one can be dangerous and will waste your money. The problem is that most pre-workout supplements rely on stimulants and fail to supply real nutrients to muscle fibers. When buying a booster, you should always check the ingredients! Here is a list of the most common ingredients and how they affect your body. If you see something in your pre-workout that is not on the list, be sure to check for possible side effects:

Amino acids: Provide fuel for your muscles during workout; essential for muscle recovery and synthesis.

Beta-alanine: Increases power in muscle contraction by forming the double amino acid protein carnosine; enhances muscle strength during workout.

Betaine: A modified amino acid and beet derivative; possible strength boost of up to 25%.

B Vitamins: Helps in the pre-workout energy production.

Caffeine: Improves muscle endurance and lessens soreness; allows for harder training.

Creatine: See above.

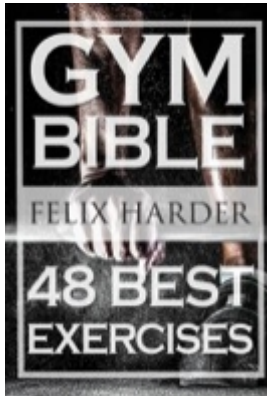
DMAE: Improve mood, mental function, and muscular strength by increasing choline in the brain.

Glutamine: Increase growth hormone levels; reduces fatigue and stabilizes endurance.

Green Tea Extract: Improves fat burning and works as a natural stimulant.

Taurine: Similar to caffeine; improves muscular endurance by up to 50%

All pre-workout drinks should be cycled! A booster should be used for 6 - 8 weeks, followed by a break of 2 - 3 weeks.



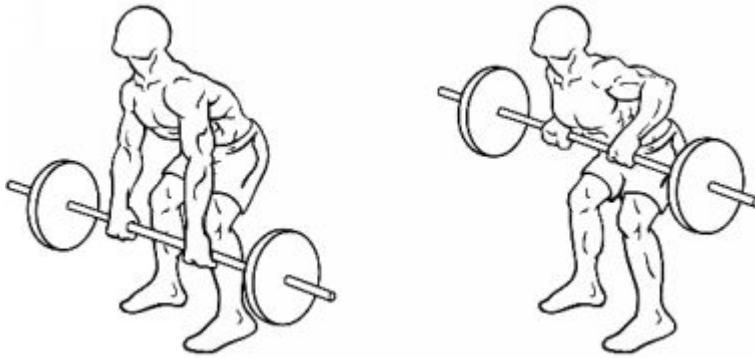
All Arm Exercises

The following list contains the best exercises for bigger and stronger arms. They are meant to give you an idea of how you can train your arms, should your old routine ever bore you. Every exercise is explained in detail with safety tips and possible variations. They are divided into two sections: Compound and isolation exercises. As you know, in order to gain mass and overall body strength you need to focus on compound (barbell) exercises.

However, these exercises aren't targeting your arm muscles (enough). To see better results, you'll have to use a combination of compound and isolated exercises.

Note: For the best exercises for all your muscle groups, check out

[my other book "The Gym Bible"](#)



Compound Biceps Exercises

Bent Over Barbell Row

Main Muscle: Middle Back

Secondary Muscles: Biceps, Lats, Shoulders Equipment: Barbell

Exercise Type: Compound

Force: Pull

1. Setup

Set up the barbell with appropriate weight.

2. Position

Hold the barbell with your palms facing down and bend your knees slightly.

While keeping the back straight, bring your torso forward. Legs and upper body should create a 100 – 120 degree angle (back almost parallel to the floor). The barbell should now hang directly in front of you.

3. Execution

While breathing out, pull up the barbell. Your elbows should be kept close to your body. Make sure to keep the torso stationary and squeeze your back

muscles at the top. Inhale and then lower the barbell back to the starting position. Repeat.

Tips & Safety

- Make sure that you keep the head up during the entire exercise

- Don't do this exercise if you have back issues, it will make them worse.
- If your low back gets rounded due to tight hamstrings, either try bending your knees more or don't position the torso as low.



Bent Over Dumbbells Row (Single Arm):

Main Muscle: Middle Back

Secondary Muscles: Biceps, Lats, Shoulders Equipment: Dumbbell

Exercise Type: Compound

Force: Pull

1. Setup

Place one leg on top of the end of the bench; bend forward so your upper body is parallel to the floor. Position the hand of your supporting arm on the other end of the bench. Place your foot of the opposite leg slightly back to the side.

2. Position

Grasp the dumbbell with the other hand and hold the weight while keeping your lower back straight. Your palm should be facing towards your torso.

3. Execution

Breathe out and pull the weight straight up to the side of your chest until it touches your ribs or until your upper arm is just beyond horizontal. Make sure to keep your torso stationary and the upper arm close to your side.

Squeeze your back muscles at the top. While breathing in, lower the

dumbbell straight down to the starting position. Repeat and don't forget to switch sides.

Tips & Safety

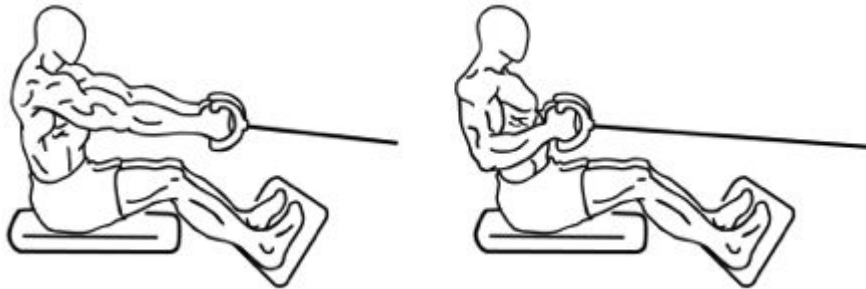
- The exercise should be performed with the back muscles and not the arms.

Therefore, don't try to pull the weight up using the forearms.

- You can allow the scapula to move but don't rotate torso trying to "throw"

the weight up.

- When using heavier weight, position your leg on a lower bench to allow the dumbbell to touch the floor.



Cable Row

Main Muscle: Upper Back (Trapezius, Rhomboids) Secondary Muscles: Biceps, Lats, Shoulders Equipment: Barbell

Exercise Type: Compound

Force: Pull

1. Setup

Sit down on a low pulley row machine with a V-bar.

2. Position

Position your feet on the front platform. Sit slightly forward on seat or bench and grab the V-bar. Your knees should be slightly bent and your back straight.

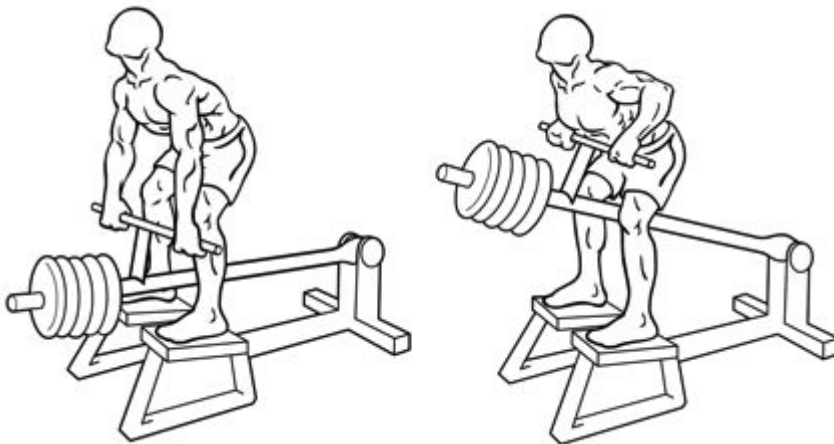
3. Execution

Pull back until your torso is at a 90-degree angle from your legs (your arms should be extended at this point). Breathe in

and pull the handles back towards your torso. Your arms should be close to your torso until the handle touches your abs. Pull your shoulders back and push chest forward while arching your back. Slowly go back to the starting position while breathing in. Repeat.

Tips & Safety

- Your lower back will need time to adapt to the exercise. Start using light weight and add additional weight gradually.
- Don't pause at bottom of the lift. You should feel a mild stretch during the entire exercise.
- Remember to squeeze your shoulder blades together as you row.



T-Bar Row

Main Muscle: Middle Back (Trapezius, erector spinae)

Secondary Muscles: Biceps

Equipment: Machine, Barbell

Exercise Type: Compound

Force: Pull

1. Setup

Load the machine with the desired weight or use a barbell and position it in a corner to keep it from moving.

2. Position

Stand over the bar and grab the handle. If you are using a free barbell, place a Double D row handle around it next to the

collar. Stand up using your hips and legs. Your legs should be in a wide stance with your chest up, your hips back and your arms extended.

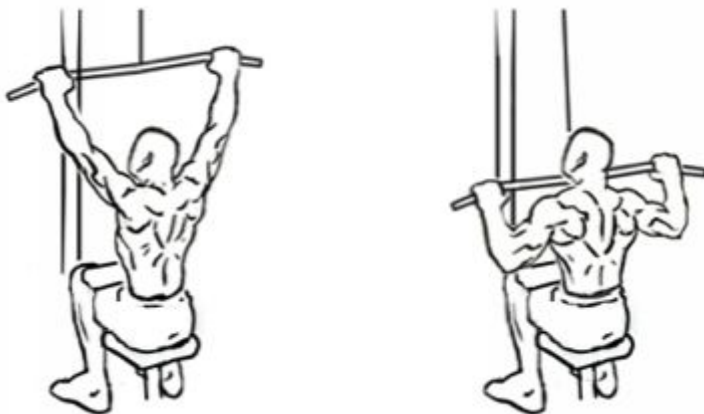
3. Execution

While retracting your shoulder blades and flexing the elbows, pull up the weight to your upper abdomen. This should be done slowly without jerking.

Then lower the weight to the original position. Repeat

Tips & Safety

- This exercise should be done early in your workout to make sure you have enough energy.
- Finish the movement by pulling the weight to your chest.
- The row should be finished by bringing your shoulder blades together.
- Keep your back straight and your body aligned.



Lat Pulldown

Main Muscle: Back (latissimus dorsi)

Secondary Muscles: Biceps, Middle Back, Shoulders

Equipment: Cable

Exercise Type: Compound

Force: Pull

1. Setup

Set up the pull-down machine with a wide bar attached to the cable. When sitting down, make sure to adjust the knee-pad according to your height.

2. Position

Using a wide grip, grab the bar with your palms facing forward. With your arms extended and holding the bar, lean back around 30 degrees and stick your chest out.

3. Execution

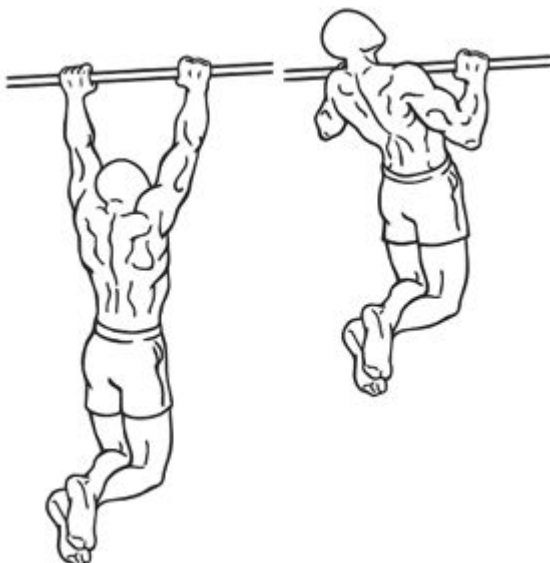
While breathing out, pull down the bar until it touches your upper chest.

The pulling is done primarily with your back muscles rather than your biceps. Draw your shoulders and upper arms down and back while bringing

down the weight. Keep your upper body stable during the exercise. Pause for a moment and then return the bar to the original position. Repeat.

Tips & Safety

- Use slow and controlled movements and make sure you do not cheat by swinging your back.
- Many bodybuilders avoid pulling down the weight behind the neck, as it can be hard on the rotator cuff due to the hyperextension created.
- Do not hunch over or drop your shoulders.



Bodyweight: Pull-up

Muscle: Back (latissimus dorsi)

Secondary Muscle: Biceps

Equipment: Body

Exercise Type: Compound

Force: Pull

1. Position

Using a wider than shoulder width grip, grab the pull-up bar with the palms facing forward.

With your arms extended and holding the bar, bring back your torso around 30 degrees and stick your chest out.

2. Execution

While breathing out, pull your upper body up until it touches your chest by drawing the shoulders and the upper arms down and back. The pulling is done primarily with your back muscles rather than your biceps. Draw your shoulders and upper arms down and back while raising your torso. Pause for a moment and then return to the original position. Repeat.

Tips & Safety

- Your forearms should do no other work other than hold the bar.
- If you don't have enough strength to perform this exercise, ask a spotter to hold your legs or use a chin assist machine
- By using a weight belt, you can increase the difficulty

Variations

Hand placement:

- Pronated grip (palms face away from you)
- Supinated grip (palms facing you)
- Mixed grip (one palm facing away, 1 palm facing you)

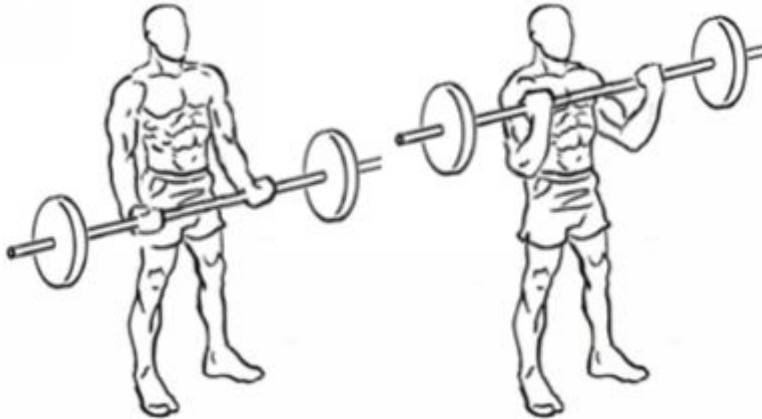
Other:

- Climber pull-up: Pull yourself up towards one hand.

- Alternating Climber pull-up: Pull yourself up towards one hand. Stay at the position, and move your body towards the other hand and lower yourself.

- Uneven pull-up: Hang a towel over the bar and grab it with one hand.

Grab the bar with the other hand. Pull yourself up until your chin is just over the bar.



Isolation Biceps Exercises

Barbell Curl

Main Muscle: Biceps

Secondary Muscles: Forearms

Equipment: Barbell

Exercise Type: Isolation

Force: Pull

1. Setup

Load the bar with desired weight.

2. Position

With you back straight, hold the barbell at a shoulder-width grip (palms facing forward). Keep your elbows close to the torso.

3. Execution

While exhaling, curl the barbell forward while contracting the biceps. Don't move your upper arms. Raise the bar until it is at shoulder level and your biceps are fully contracted. Squeeze

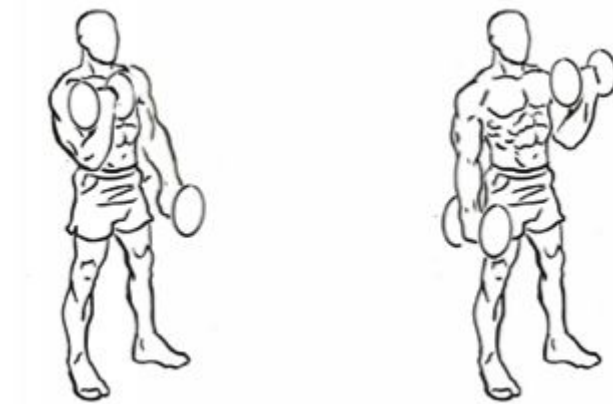
your biceps at the top. While inhaling, slowly bring the bar back to the original position. Repeat.

Tips & Safety

- Don't swing the bar or your body.
- Stay in control of the weight at all times. Don't let it drop quickly.

Variation

- You can also perform this exercise using an E-Z bar. Some people prefer the E-Z bar due to its ergonomic grip.



Alternating Dumbbell Curls

Main Muscle: Biceps

Secondary Muscles: Forearms

Equipment: Dumbbell

Exercise Type: Isolation

Force: Pull

1. Position

Stand with your feet shoulder width apart and a dumbbell in each hand.

Your knees should be slightly bent and your elbows close to the torso (palms facing your thighs).

2. Execution

While exhaling, curl the right dumbbell as you rotate the palm of your hand until it is facing forward. While keeping your

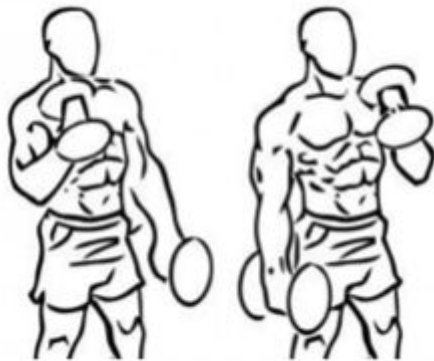
elbows locked, continue to lift your arm to your chest until your forearm touches your biceps. Squeeze the biceps at the top. While inhaling, slowly bring the dumbbell back to the initial position. Repeat the movement with the other hand.

Tips & Safety

- Keep your elbows locked in throughout the exercise.
- Twist back the palms to the original position as you come down.
- Keeping your knees slightly bent will prevent you from swinging your torso.

Variation

- You can perform this exercise using both arms at the same time, sitting down (with or without back support), or without turning the palms.



Alternating Hammer Curls

Main Muscle: Biceps

Equipment: Dumbbell

Exercise Type: Isolation

Force: Pull

1. Position

Stand with your feet shoulder width apart and a dumbbell in each hand.

Your knees should be slightly bent and your elbows close to the torso (palms facing each other).

2. Execution

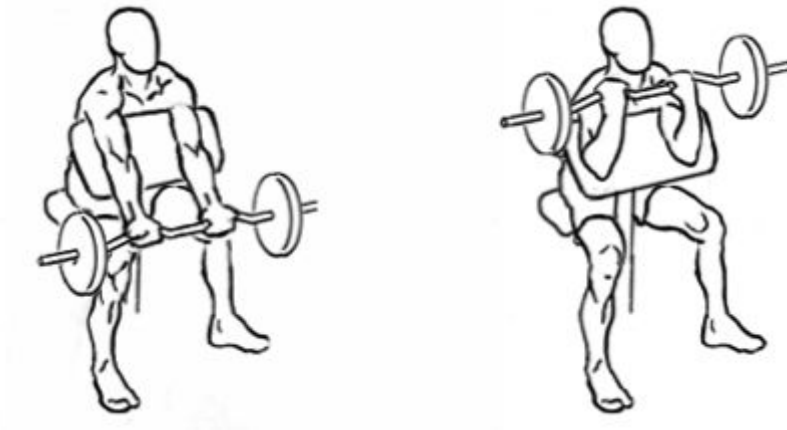
While exhaling, curl the right dumbbell and lift your arm to your chest until your forearm touches your biceps. Squeeze the biceps at the top. While inhaling, slowly bring the dumbbell back to the initial position. Repeat the movement with the other hand.

Tips & Safety

- Do not turn your wrists during the exercise.
- Keep your elbows locked in throughout the exercise.
- Keeping your knees slightly bent will prevent you from swinging your torso.

Variation

- You can perform this exercise using both arms at the same time, sitting down (with or without back support).



Preacher Bar Curls

Main Muscle: Biceps

Secondary Muscles: Forearms

Equipment: Barbell, E-Z Curl Bar, Preacher Curl Bench

Exercise Type: Isolation

Force: Pull

1. Setup

Change the height of the seat so both arms are level with the top of the preacher curl bench.

2. Position

With you back straight, hold the bar at shoulder width with an underhand (palms facing up) grip.

3. Execution

While exhaling, curl the barbell forward while contracting the biceps. Keep your arms on the bench at all times. Raise the bar until it is at shoulder level and your biceps are fully contracted. Squeeze your biceps at the top. While inhaling, slowly bring the bar back to the original position. Repeat.

Tips & Safety

- Don't let your elbows come off the bench.
- Don't extend your arm fully at the bottom of the exercise. This will keep tension on your biceps during the entire exercise.
- Stay in control of the weight at all times. Don't let it drop quickly.

Variation

- Most people prefer using an E-Z bar for this exercise, but you can also use a regular barbell.



Cable Curls

Main Muscle: Biceps

Equipment: Cable

Exercise Type: Isolation

Force: Pull

1. Position

Stand with your feet shoulder width apart, holding a cable curl bar that is attached to a low pulley. Your knees should be slightly bent and your elbows close to the torso (palms facing up).

2. Execution

While exhaling, curl the weights by contracting your biceps. While keeping your elbows locked, continue to lift your arms to your chest until the bar is at shoulder level. Squeeze the biceps at the top. While inhaling, slowly bring the bar back to the initial position. Repeat.

Tips & Safety

- Don't swing the bar or your body.
- Stay in control of the weight at all times. Don't let it drop quickly.
- Standing close to the pulley allows maximum range of motion.

Variation

- You can also perform this exercise using an E-Z bar attachment. Some people prefer the E-Z bar due to its ergonomic grip.
- When using a stirrup cable attachment, you can also perform this exercise with only one hand.



Machine Preacher Curls / Biceps Machine Main Muscle:
Biceps

Equipment: Machine

Exercise Type: Isolation

Force: Pull

1. Setup

Sit down on the Biceps Machine and select the weight.

2. Position

Position your triceps on the machine pad, keeping your elbows in. Grab both handles using a shoulder wide grip (palms facing up).

3. Execution

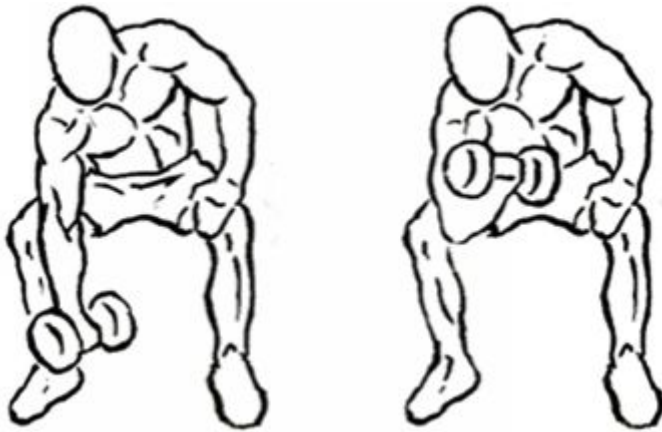
While exhaling, contract the biceps and lift the handles. Squeeze the biceps at the top. While inhaling, slowly lower the handles back to the initial position. Repeat.

Tips & Safety

- Don't let your elbows come off the pad.
- Don't extend your arm fully at the bottom of the exercise. This will keep tension on your biceps during the entire exercise.
- Stay in control of the weight at all times. Don't let it drop quickly.

Variation

- Instead of the Biceps Machine you can also use the pulley machine in conjunction with a preacher bench.



Concentration Curls

Main Muscle: Biceps

Secondary Muscle: Forearms

Equipment: Dumbbell

Exercise Type: Isolation

Force: Pull

1. Position

Sit down on a flat bench, with your legs spread and your knees bent. Pick up the dumbbell with your right arm and position the back of your upper arm on the top of your inner thigh (see picture). Your palm should be facing forward away from your thigh. The dumbbell should be above the floor and your arm extended.

2. Execution

While exhaling, curl the right dumbbell and lift your arm until the dumbbell is at shoulder level. Squeeze the biceps at the top. While inhaling, slowly bring the dumbbell back to the initial position. Repeat for the recommended amount of repetitions. Then switch arms and repeat with the left arm.

Tips & Safety

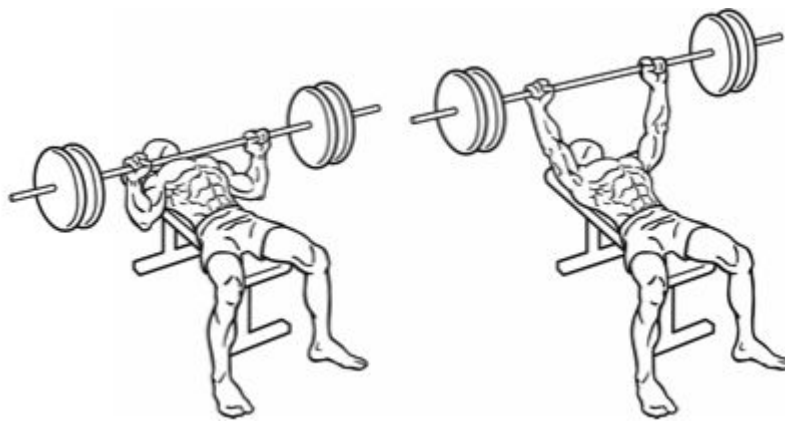
- Make sure that the little finger of your arm is higher than your thumb at the top of the movement. This ensures a good contraction.
- Don't extend your arm fully at the bottom of the exercise. This will keep tension on your biceps during the entire

exercise.

- Stay in control of the weight at all times. Don't let it drop quickly.

Variation

- The concentration curl can also be performed standing with the torso bent forward. This variation is called the Arnold Curl. It is a more difficult version of the exercise and is not recommended if you have lower back issues. Here, no leg support is used for the back of your arm so make sure not to move the upper arm.



Compound Triceps Exercises

Bench Press

Main Muscle: Chest (Upper and lower pectorals) Secondary Muscles: Shoulders, Triceps

Equipment: Barbell, Dumbbells (see variations) Exercise Type: Compound

Force: Push

1. Setup

With your eyes under the bar, lie supine on the bench. Lift your chest and squeeze your shoulder blades. Your feet should be flat on the floor.

2. Grip

Place each pinky on the ring marks of your bar. Your grip should be medium-width grip (creating a 90-degree angle in the middle of the movement between your forearms and upper

arms). Hold the bar in the base of your palm with straight wrists and a full grip.

3. Unrack

Take a big breath and dismount the barbell by straightening your arms.

Move it over your shoulders, keeping your elbows locked.

4. Lower the bar

Lower the barbell to your chest. Your elbows should be at a 75° angle, while keeping your forearms vertical. Hold your breath at the bottom.

5. Press

Press the barbell upward until your arms are extended. The proper form is pressing the bar in a diagonal line from shoulders to chest and back up. This increases the distance, but prevents shoulder impingement. Your butt must also stay on the bench. Lock your elbows at the top and breathe.

Tips & Safety

- Don't let the bar drift too far forward. It should touch your middle chest and nowhere else.
- Never bounce the bar off your chest. You should always be in control of the weight.
- If you find yourself without a spotter, use a power rack. They have horizontal safety pins to catch the bar if you fail.
- Don't Bench Press using the "suicide grip" (thumbless grip). The barbell can slip out of your hands and drop on your chest.

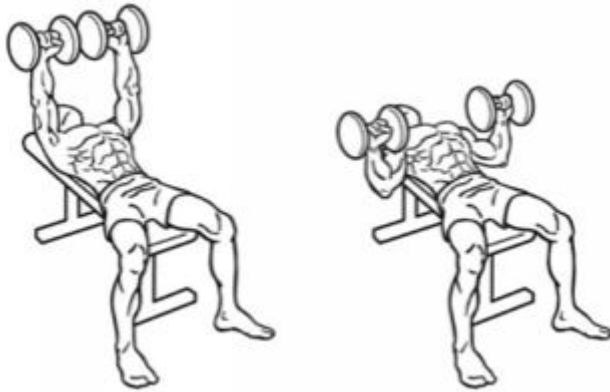
Variations

Close Grip Bench Press:

This variation uses a narrow grip. You set up your flat bench like you do for the regular Bench Press, but this time, your grip is only about shoulder-width apart. Then lower the barbell to your chest. Close Grip Bench Press is harder than medium grip, because your (usually weaker) triceps work harder while your chest works less.

Wide Grip Bench Press:

This variation uses a wider than normal grip. You set up your flat bench like you do for the regular Bench Press. Your grip should be around three inches away from shoulder width for each hand. Then lower the barbell to your chest. Compared to a narrower grip, the wide grip works the pectoralis major more intensely and causes greater activity in the anterior deltoid.



Dumbbell Bench Press:

1. Setup

Sit down on the bench with each dumbbell resting on lower thigh.

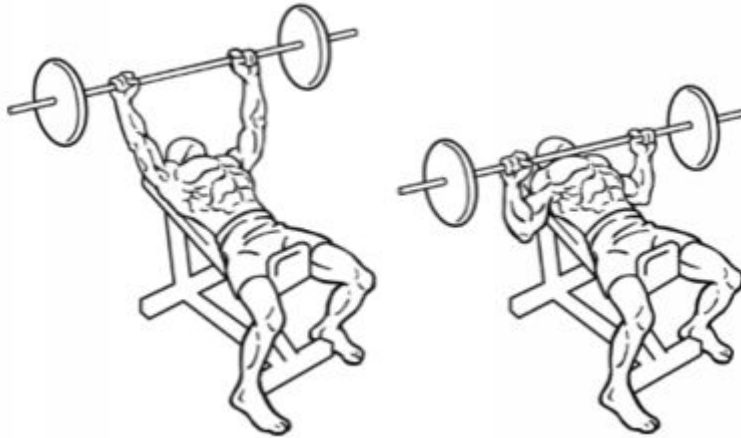
2. Position

Kick the dumbbells to your shoulders and lie back. Position the weights to the sides of the chest with your elbows under them.

3. Execution

Press weights up to a lockout position. While pressing up, the dumbbells should follow an arch pattern, traveling inward and towards each other. At the top of the motion, both dumbbells should almost touch. Then, while keeping the elbows wide, lower the dumbbells to the sides of the chest.

Repeat.



Incline Bench Press

Main Muscle: Upper Chest (Pectoralis Major, Clavicular)

Secondary Muscles: Shoulders, Triceps

Equipment: Barbell, Dumbbells (see variations) Exercise

Type: Compound

Force: Push

1. Setup

With your eyes under the bar, lie on an incline bench. Lift your chest and squeeze your shoulder blades. Your feet should be flat on the floor.

2. Grip

Place each pinky on the ring marks of your bar. Your grip should be medium-width grip (creating a 90-degree angle in the middle of the movement between your forearms and upper arms). Hold the bar in the base of your palm with straight wrists and a full grip.

3. Unrack

Take a big breath and dismount the barbell by straightening your arms.

Move it over your shoulders, keeping your elbows locked.

4. Lower the bar

Lower the barbell to your upper chest. Hold your breath at the bottom.

5. Press

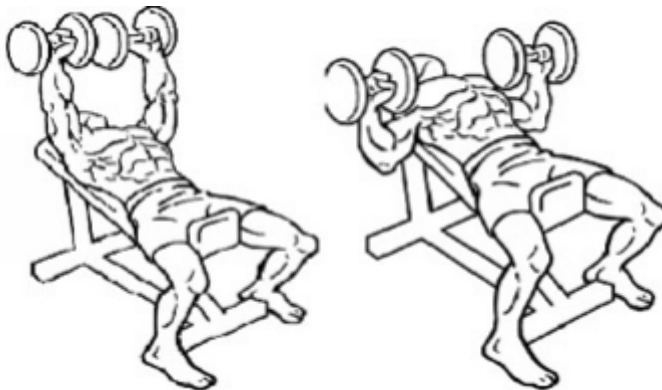
Press the barbell upward until your arms are extended. Squeeze your chest in the contracted position. Your butt must also stay on the bench. Lock your elbows at the top and breathe.

Tips & Safety

- Don't let the bar drift too far forward. It should touch your upper chest and nowhere else.
- Never bounce the bar off your chest. You should always be in control of the weight.
- If you find yourself without a spotter, use the smith machine. You will be able to lock in the bar at any height if you fail.
- Keep your shoulders and back flat on the bench and your abs drawn in throughout the exercise.

Variations

Wide & Close Grip: See normal Bench Press.



Incline Dumbbell Bench Press:

1. Setup

Set your bench at a 45-degree angle.

2. Position

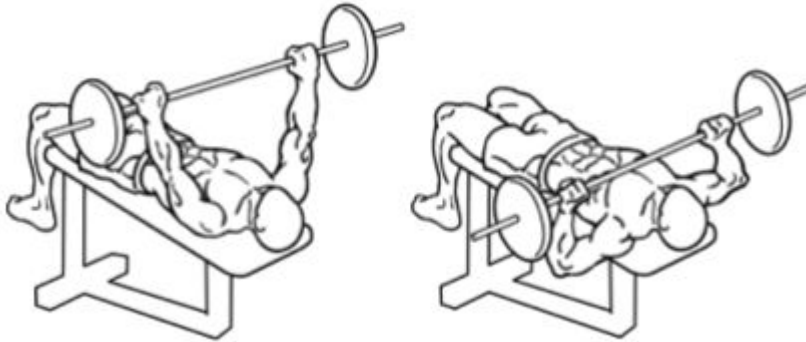
Kick dumbbells to your shoulders and lie back. Bring both dumbbells to shoulder height (arms form a smaller than 90-degree angle).

3. Execution

Press weights up to a lockout position. While pressing up, the dumbbells should follow an arch pattern, traveling inward and

towards each other. At the top of the motion, both dumbbells should almost touch. Then, while keeping the elbows wide, lower the dumbbells to the sides of the chest.

Repeat.



Decline Bench Press

Main Muscle: Lower Chest (Pectoralis Major, Sternal)

Secondary Muscles: Shoulders, Triceps

Equipment: Barbell, Dumbbells (see variations) Exercise

Type: Compound

Force: Push

1. Setup

Lie on a decline bench. Your head should be lower than your feet (lock your feet under the pads at the front of the bench). Lift your chest and squeeze your shoulder blades.

2. Grip

Place each pinky on the ring marks of your bar. Your grip should be medium-width grip (creating a 90-degree angle in the middle of the movement between your forearms and upper arms). Hold the bar in the base of your palm with straight wrists and a full grip.

3. Unrack

Take a big breath and dismount the barbell by straightening your arms.

Move it over your shoulders, keeping your elbows locked.

4. Lower the bar

Lower the barbell to the lower chest. Hold your breath at the bottom.

5. Press

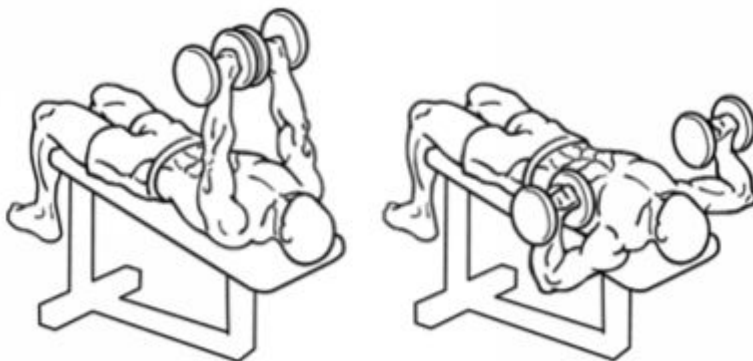
Exhale and press the barbell upward until your arms are extended. Squeeze your chest in the contracted position. Lock your elbows at the top and breathe.

Tips & Safety

- Unlike the traditional Bench Press, the Decline Bench Press involves less rotation at the shoulders, thus preventing impingement.
- Due to the angle of the decline Bench Press, you will be able to lift more weight. This will stimulate the larger fibers of your muscles, which may have a small positive effect on your ability to build strength and size.
- Don't let the bar drift too far forward. It should touch your upper chest and nowhere else.
- Never bounce the bar off your chest. You should always be in control of the weight.
- Keep your shoulders and back flat on the bench and your abs drawn in throughout the exercise.

Variations

Wide & Close Grip: See normal Bench Press.



Decline Dumbbell Bench Press:

1. Setup

Sit down on decline bench with each dumbbell resting on lower thigh.

2. Position

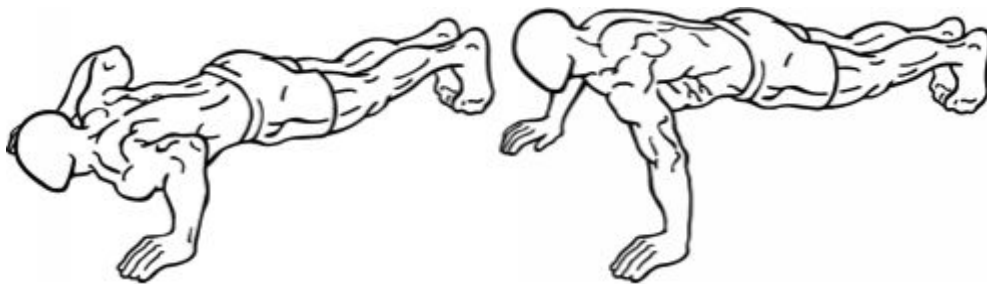
Lie back with the dumbbells and position them to the sides of your chest.

Position the weights to the sides of the chest with your elbows under them.

3. Execution

Press weights up to a lockout position. While pressing up, the dumbbells should follow an arch pattern, traveling inward and towards each other. At the top of the motion, both dumbbells should almost touch. Then, while keeping the elbows wide, lower the dumbbells to the sides of the chest.

Repeat.



Bodyweight: Push-up

Muscle: Chest (Upper and lower pectorals)

Secondary Muscle: Shoulders, Triceps

Equipment: Body

Exercise Type: Compound

Force: Push

1. Position

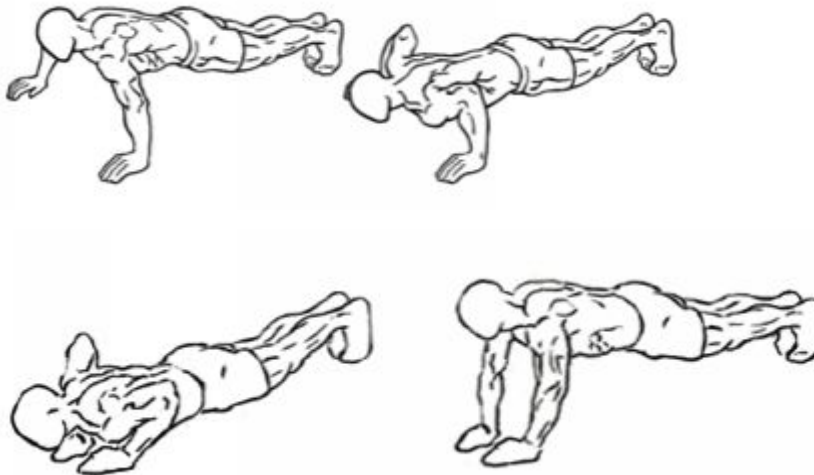
Lie on the floor face down and place your hands slightly wider than shoulder width, while holding your torso up at arm's length. As you inhale, lower yourself downward (while keeping your body straight) until your chest almost touches the floor.

2. Execution

Now breathe out and push your upper body back up to the initial position while squeezing your chest. Pause at the top contracted position, then lower yourself downward again. Repeat for as many repetitions as needed.

Tips & Safety

- Try squeezing your core to avoid rounding your spine. This makes the push-up a full body exercise and reduces the risk of injury.
- A common mistake during push-ups is to flare the elbows wide. This can lead to rotator cuff and shoulder problems. It's better to pack your elbows in towards your sides, having less space between your armpits.
- Imagine pushing the floor away instead of pushing yourself off the ground. You will work more muscles making the push-up more of a full body exercise



Variations

Wide Push-ups:

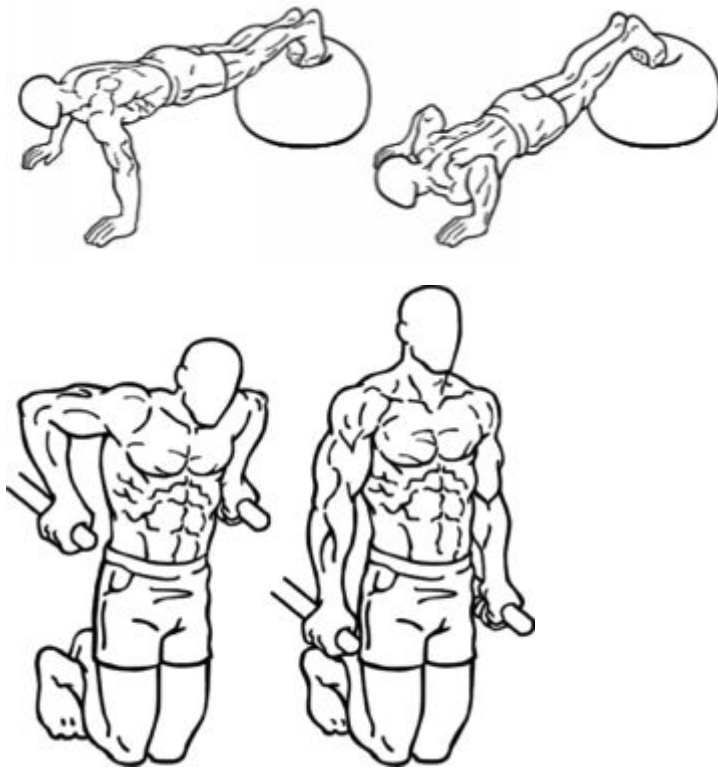
Place your hands wider than shoulder width apart. This will work your chest more and your triceps less.

Triceps Push-ups:

Place your hands shoulder width apart (or less). This will work your triceps more and your chest less.

Exercise Ball Push-ups:

Place your feet on an exercise ball and hold your torso up with your hands slightly wider than shoulder width apart. Remember to keep your back straight and use an exercise ball that allows your body to be parallel to the ground when you have your arms fully extended.



Bodyweight: Triceps Dip

Main Muscle: Triceps

Secondary Muscles: Chest, Shoulders

Equipment: Body

Exercise Type: Compound

Force: Push

1. Position

With your arms almost locked, hold your body above the bars.

2. Execution

While inhaling, slowly lower yourself downward until there is a 90 degree angle formed between the upper arm and forearm. Your upper body should remain upright while keeping your

elbows close to your body. While exhaling, push your body back to the original position using your triceps.

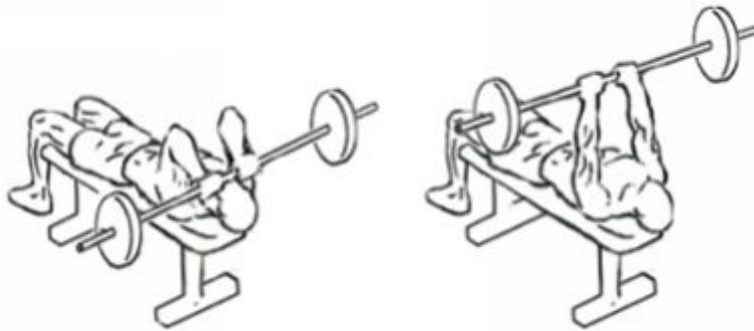
Repeat.

Tips & Safety

- If you don't have enough strength to perform this exercise, ask a spotter to hold your legs or use a dip assist machine.
- By using a weight belt, you can increase the difficulty.

Variations

- Dips can be done as either a triceps or a chest exercise. The more you lean forward while performing the exercise, the more your chest will be involved.



Isolation Triceps Exercises

Lying Triceps Press / Skullcrusher

Main Muscle: Triceps

Secondary Muscles: Forearms

Equipment: Barbell, E-Z Curl Bar

Exercise Type: Isolation

Force: Push

1. Setup

Lie on a flat bench and place a straight bar (or an E-Z bar) behind your head.

2. Position

With your feet on the floor, grab the bar, using a shoulder width overhand (pronated) grip. Keep your elbows tucked in.

3. Execution

Raise the bar in front of you at arm's length. While inhaling, lower the bar until it almost touches your forehead. Keep your upper arms and elbows stationary. While exhaling, use your triceps to bring the weight back.

Repeat.

Tips & Safety

- Don't use too much weight the first time you do this exercise.
- If you have elbow problems you may need to look for a substitute.

Variations

- You can use an incline bench instead of a flat bench.
- You can also use dumbbells instead of a barbell. Your palms should be facing each other.



Triceps Pushdown

Main Muscle: Triceps

Equipment: Cable

Exercise Type: Isolation

Force: Push

1. Setup

Set up the high pulley with a straight bar attached to the cable.

2. Position

Grab the bar with an overhand grip at shoulder width (palms facing down).

Stand upright with your back straight, while leaning slightly forward. Keep your upper arms close to your body.

3. Execution

While exhaling, bring the bar down until your arms are fully extended or it touches your thighs. This movement is performed using only your triceps.

Keep your upper arms stationary next and don't swing your body. Hold the contracted position, then bring the bar slowly up to the initial point. Inhale as you perform this step. Repeat.

Tips & Safety

- You should stay close to the cable to provide resistance at the top of the motion.
- Avoid this exercise if you have elbow problems or if you develop elbow soreness over time.

Variations

- An E-Z bar attachment or a V-angled bar will allow your thumb to be higher than the small finger, thus working different parts of your triceps.
- You can also attach a rope to the pulley or use a reverse grip.



Seated Triceps Press

Main Muscle: Triceps

Equipment: Dumbbell

Exercise Type: Isolation

Force: Push

1. Position

Sit down on a flat bench or a bench with back support. Grasp a dumbbell with both hands and hold it overhead with your arms extended. You might want to ask somebody to hand it to you when using heavy weights. The dumbbell should be placed in the palms of your hands with both thumbs around it and the palm of the hand facing inward.

2. Execution

While inhaling, lower the dumbbell behind your head until your forearms touch your biceps. Make sure to keep your upper arms stationary and close to your head. While exhaling, raise the dumbbell to its initial position.

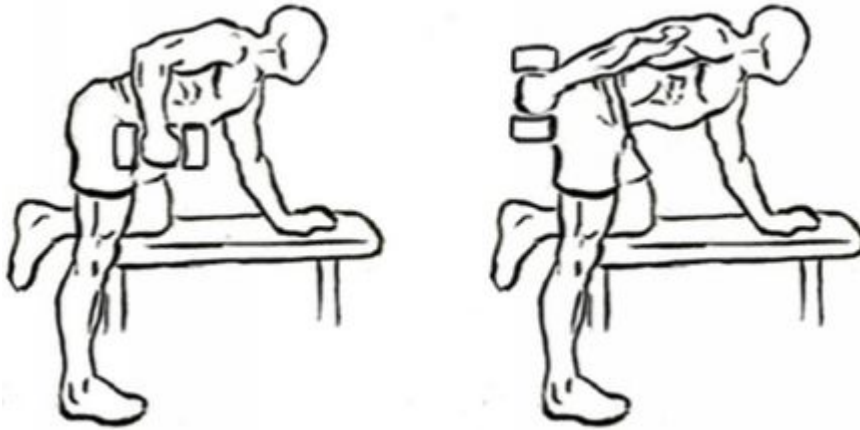
Repeat.

Tips & Safety

- Place wrists closer together to keep elbows from pointing out too much.
- Let the dumbbell pull back your arms to maintain full shoulder flexion.
- Your back support should allow for a full range of motion e.g. not be too high.

Variations

- This exercise can be performed sitting on a bench as well as standing, though this puts more strain on your back.
- You can also use an E-Z / straight bar instead of dumbbells or a low pulley cable with a rope attachment. Make sure to use a pronated grip (palms facing forward).



Triceps Dumbbell Kickback

Main Muscle: Triceps

Equipment: Dumbbell

Exercise Type: Isolation

Force: Push

1. Position

Grab a dumbbell with your right hand and place your left hand and knee onto a flat bench. Your arm should be tucked into your side at a 90-degree angle.

2. Execution

While exhaling, slowly extend your arm out while raising the dumbbell.

Keep your elbow in a fixed position during this movement, allowing for maximum tension on your triceps muscle. When fully extended, your arm should be parallel to the ground.

While inhaling, slowly lower the dumbbell back to the initial position. Repeat for desired amount of repetitions and then switch to your opposite arm.

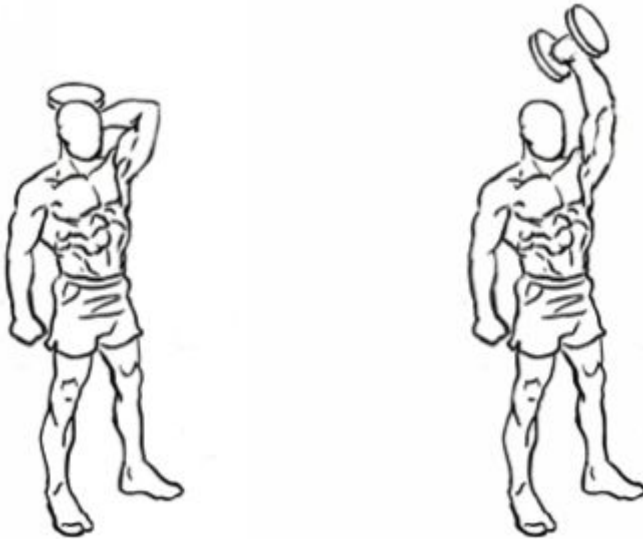
Tips & Safety

- For a greater range of motion, you can position your upper arm with your elbow slightly higher than shoulder.

Variations

- This exercise can also be performed with both arms at the same time (a dumbbell in each hand).

- Instead of a dumbbell, you can also use a low pulley handle for better peak contraction. Here, your palms should be facing up (supinated grip).



One Arm Triceps Extension

Main Muscle: Triceps

Equipment: Dumbbell

Exercise Type: Isolation

Force: Push

1. Position

Stand up with your feet about shoulder width apart and grab a dumbbell with one hand. Fully extend the arm with the dumbbell over your head.

2. Execution

While inhaling, lower the dumbbell behind your head until your forearm touches your biceps. Make sure to keep your upper arm stationary and close to your head. While exhaling, raise the dumbbell to its initial position.

Repeat the recommended amount of repetitions and then switch arms.

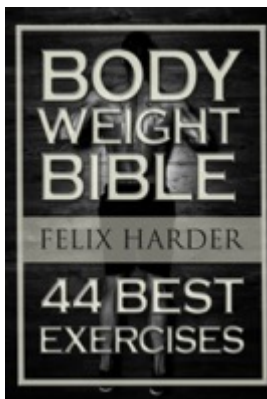
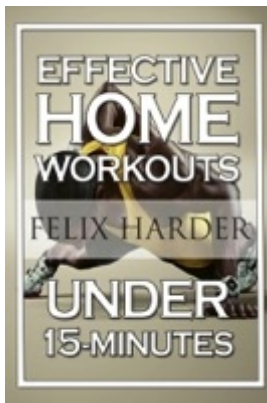
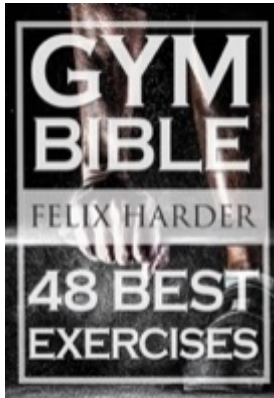
Tips & Safety

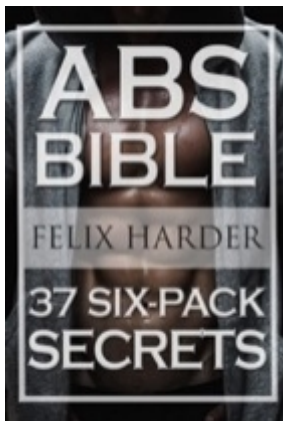
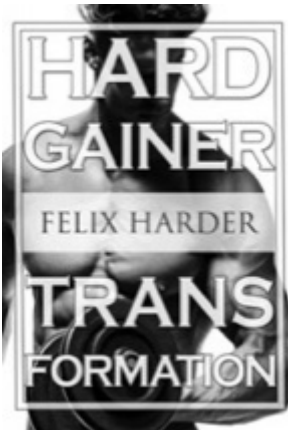
- When your arm is fully extended, the palm of your hand should be facing forward and your pinky should be facing the

ceiling.

Variations

- You can also perform this exercise with a rope attached to a low pulley.





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