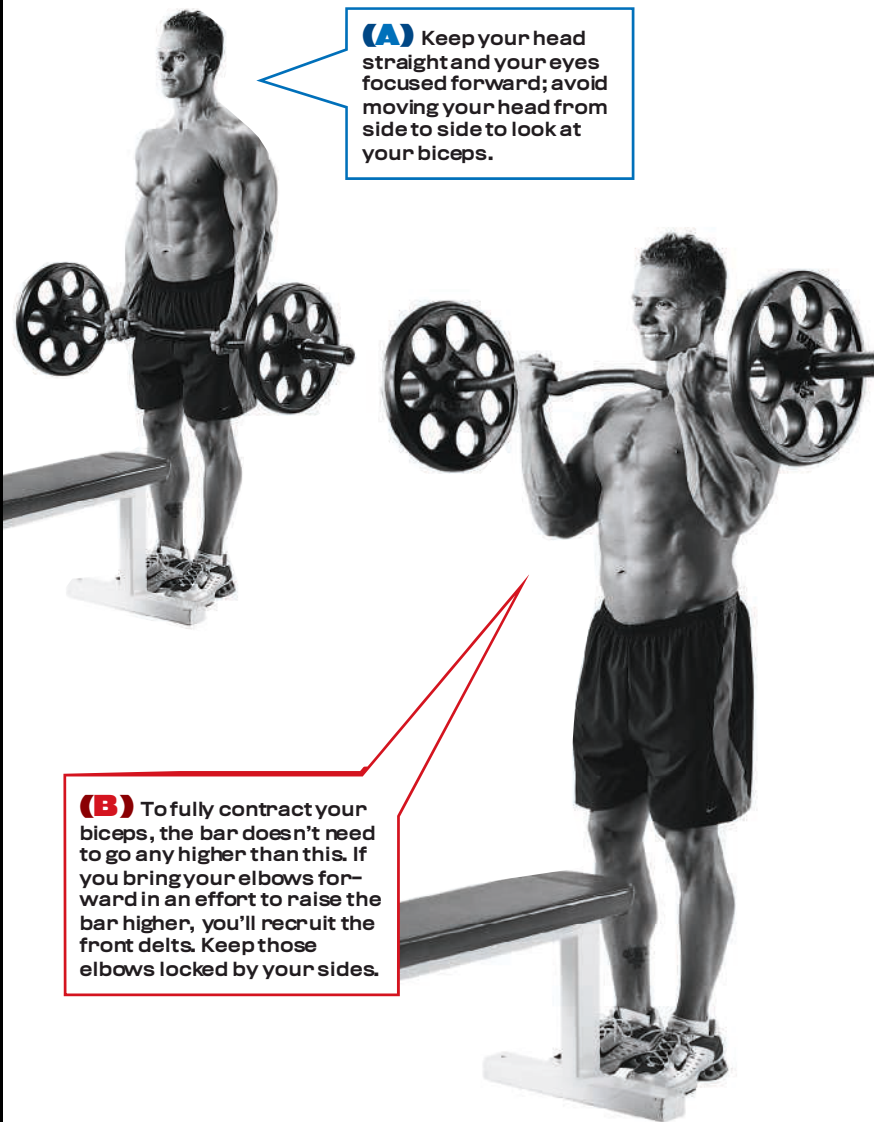


1 BICEPS

Standing EZ-Bar Curl

WHAT IT HITS **BICEPS** | SETS + REPS 1 LIGHT WARM-UP, THEN 3 SETS OF 8 REPS



(A) Keep your head straight and your eyes focused forward; avoid moving your head from side to side to look at your biceps.

(B) To fully contract your biceps, the bar doesn't need to go any higher than this. If you bring your elbows forward in an effort to raise the bar higher, you'll recruit the front delts. Keep those elbows locked by your sides.

GOT A PARTNER >> Do buddy curls, in which you choose a weight you can do for about 10 reps, then immediately hand off the bar. Your partner does his set and gives the bar right back to you. Continue this back-and-forth process until failure.

BI'S + TRI'S SUPERSET WORKOUT¹

EXERCISE	SETS ²	REPS ³
Tri-set 1⁴		
Standing EZ-Bar Curl	3	8
Lying EZ-Bar Triceps Extension	3	8
Close-Grip Bench Press	3	10 ⁵
Superset 2⁶		
EZ-Bar Scott Curl	3	10
Seated Overhead Dumbbell Extension	3	10
Superset 3⁶		
Cable Concentration Curl	3	12
Cable Kickback	3	12

¹ Next time you do this workout, put a triceps move first in each tri-set and superset. Alternate which bodypart goes first each time you train.

² Excludes warm-up sets.

³ Choose a weight that allows you to barely complete the listed reps with good form. Adjust the weight on follow-up sets as necessary.

⁴ Perform all three moves back to back. Rest 30–60 seconds only after you complete a set of each of the three exercises. Repeat for the total number of sets listed.

⁵ Although we suggest 10 reps, do as many as you can with good form with the same weight you use for lying triceps extensions.

⁶ A superset is like a tri-set without the third exercise: Do both exercises back to back, resting 30–60 seconds between supersets.

RUNDOWN

Since this is your first move, load up the weight to ensure you can do no more than eight reps per set with good form. The EZ-bar is easier on your wrists and puts more emphasis on the long head that helps shape the biceps peak than the barbell does. Put the loaded bar at the end of a flat bench.

START

Stand erect with your chest out and shoulders back, feet about hip-width apart and knees unlocked. Using an underhand grip, grasp the EZ-bar at the bends about shoulder-width apart. The bar should be just above your thighs with your arms extended and elbows locked at your sides **(A)**.

EXECUTION

Contract your biceps to raise the bar in a strong movement toward your shoulders, squeezing for a count at the top **(B)** before slowly lowering back to the start.

2 TRICEPS

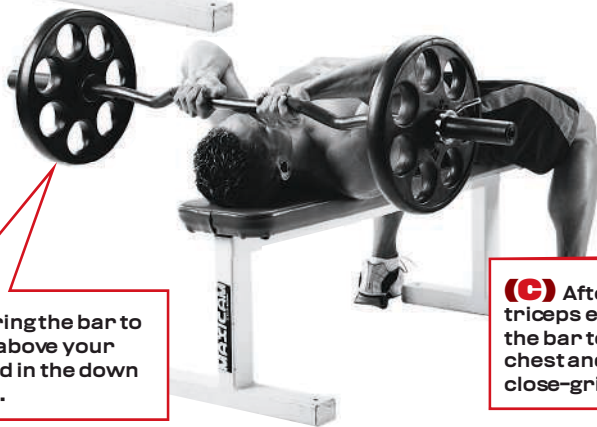
Lying EZ-Bar Triceps Extension into Close-Grip Bench Press

WHAT IT HITS TRICEPS; SECOND EXERCISE ALSO HITS CHEST, FRONT DELTS
SETS + REPS 1 LIGHT WARM-UP, THEN 3 SETS OF 8+10 REPS

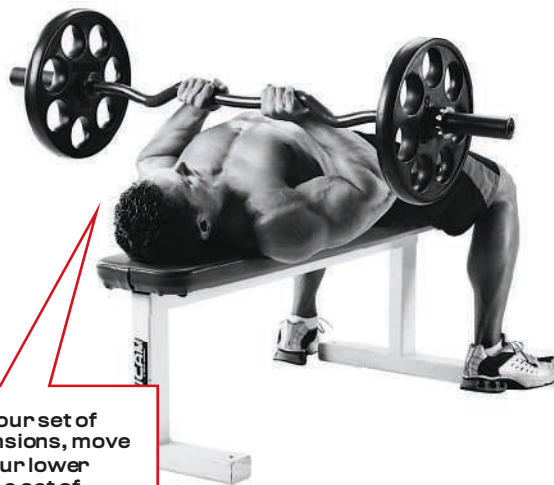
GOT A PARTNER » Have him spot you as you fatigue on lying triceps extensions so you can get an extra rep or two without worrying about losing control of the bar above you. He can also assist with forced reps on the close-grip bench.



(A) You don't want to be that guy in the gym who haplessly watches the plates slide off one side of his bar first, then the other, in an embarrassing series of clangs — use collars.



(B) Bring the bar to an inch above your forehead in the down position.



(C) After your set of triceps extensions, move the bar to your lower chest and do a set of close-grip bench presses.

RUNDOWN

The bar's already at the end of the bench, so you're ready to go right into this move without resting. Try using the same weights as you did with the curl; if you need to add or subtract weight to reach the target rep, use smaller plates to speed up the process. After you complete the lying triceps extensions, go right into the close-grip bench press, doing as many reps as you can.

START

With the bar resting at the end of the bench, lie face up on the bench and reach back to grasp the bar at the bends with an overhand, shoulder-width grip. Bring it over your face so your arms are straight and perpendicular to your body **(A)**.

EXECUTION

Keeping your upper arms stationary, bend your elbows (without flaring out) so the bar *slowly* approaches your forehead **(B)** before returning to full arm extension. After your set, lower the bar to your chest for the close-grip press by dropping your elbows to your sides. Without bouncing the bar off your chest **(C)**, press back up to full arm extension, elbows tight to your sides.

3 BICEPS

EZ-Bar Scott Curl

WHAT IT HITS **BICEPS** | SETS + REPS **3 SETS OF 10 REPS**

GOT A PARTNER » Have him hand you the bar after you're in position, assist you past the sticking point for a couple of reps, and take the bar from you when you're done with the set. He can also help you do negative reps by lifting the weight on the positive (concentric) portion of the lift while you fight the negative.

(A) As opposed to the standard preacher curl, where you keep a slight bend in your elbows at the start, allow your arms to fully extend toward the floor.

(B) Avoid the tendency to look up; keep your head straight and eyes focused on the floor in front of you.



RUNDOWN

Flip the preacher bench around if it's adjustable, or use the steep side of a fixed preacher bench. Former Mr. Olympia Larry Scott popularized this version in which you can't use the top of the move as a resting spot; it also minimizes the contribution of the shoulders.

START

Adjust the bench height so your underarms fit squarely on the top curve of the preacher bench, arms hanging straight down. Keep your triceps firmly against the pad at all times. Grasp the bar with an underhand grip about shoulder-width apart **(A)**.

EXECUTION

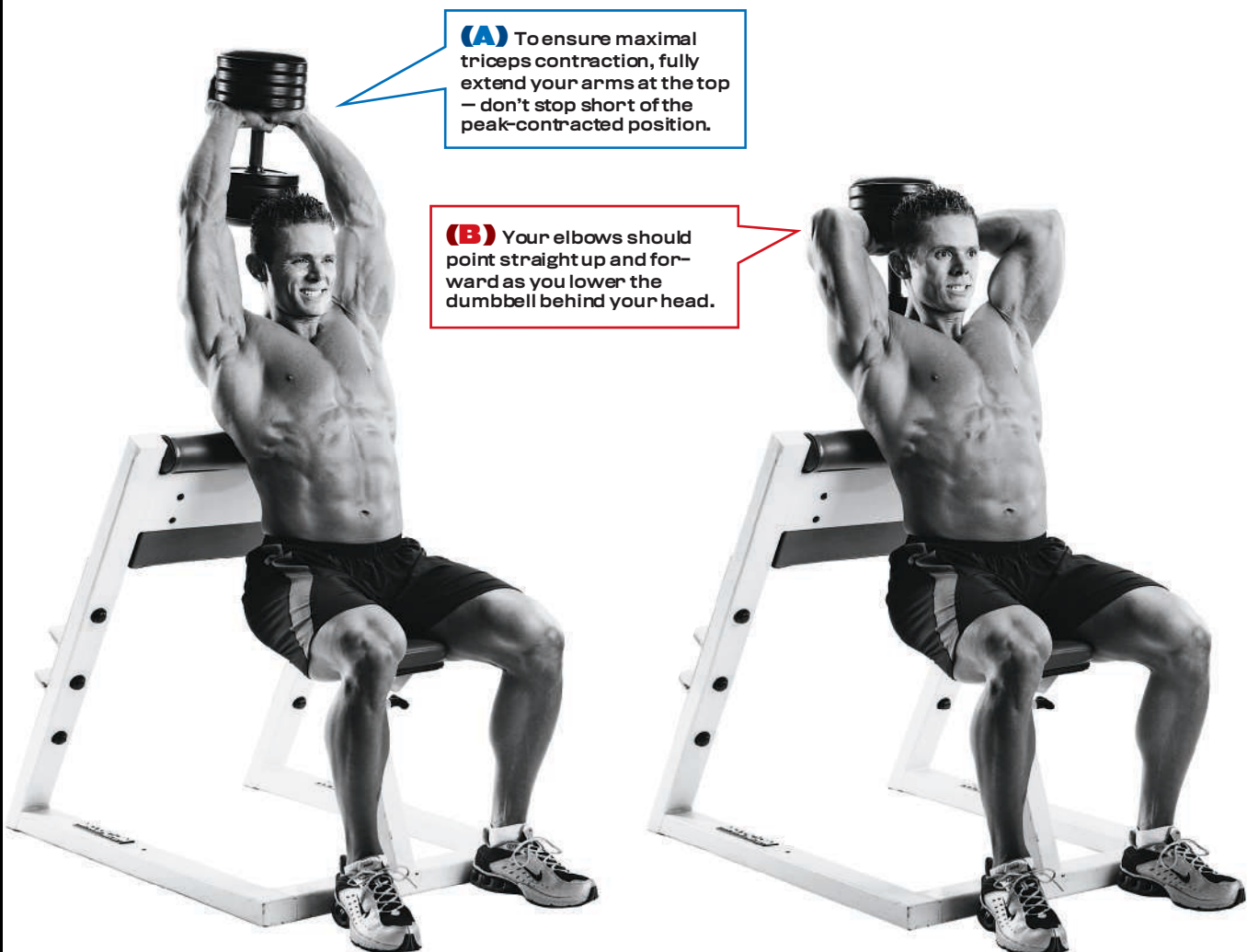
In a smooth motion, contract your biceps to curl the weight up as high as you can. Keep your elbows shoulder-width apart at all times; don't allow them to flare out. Squeeze the muscles hard at the top **(B)** and lower under control.

4 TRICEPS

Seated Overhead Dumbbell Extension

WHAT IT HITS TRICEPS | SETS + REPS 3 SETS OF 10 REPS

GOT A PARTNER » Have him help you get the weight into the start position and with extra reps by providing just enough assistance to keep the weight moving when you can't do any more on your own.



RUNDOWN

Here you'll sit backward on a preacher bench, pressing your back into the pad to help support you in an upright position. This arms-overhead move allows for maximal contraction of the triceps' long head.

START

Sit upright with your feet flat on the floor for balance and your back pressed against the pad. Cup your hands around the dumbbell, raising your upper arms by the sides of your head and locking them there **(A)**. The weight should be directly above you, arms fully extended.

EXECUTION

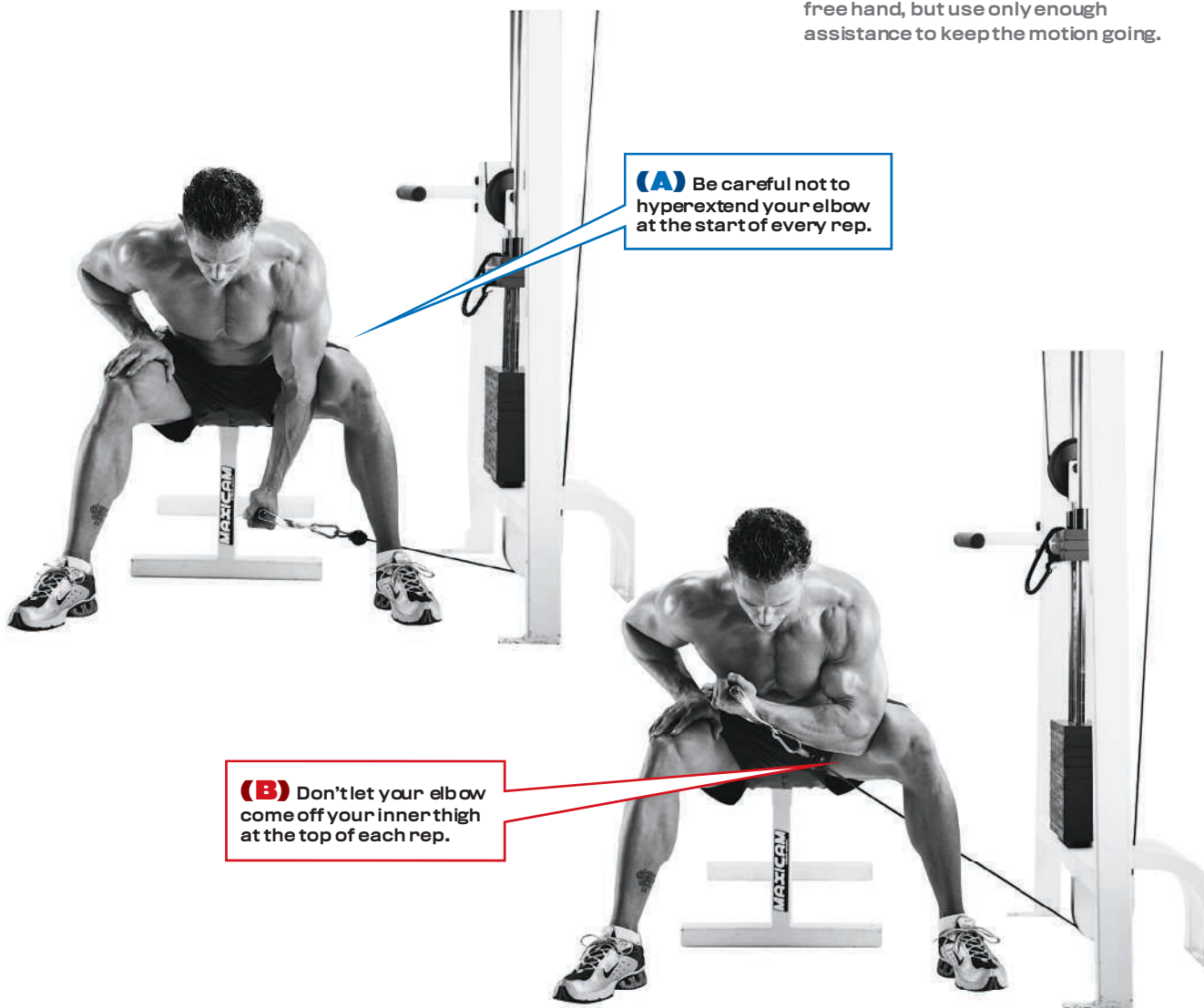
Bend your elbows to about 90 degrees so the dumbbell moves behind your head in an arc, keeping your elbows in tight as best you can **(B)**. Contract your triceps to straighten your arms until they're fully extended, and squeeze your tri's hard at the top.

5 BICEPS

Cable Concentration Curl

WHAT IT HITS BICEPS | **SETS + REPS** 3 SETS OF 12 REPS

GOT A PARTNER » Tell him to get a drink — you can self-spot with your free hand, but use only enough assistance to keep the motion going.



(A) Be careful not to hyperextend your elbow at the start of every rep.

(B) Don't let your elbow come off your inner thigh at the top of each rep.

RUNDOWN

This is similar to the dumbbell concentration curl, but the angle of pull isn't directly downward (via gravity). Do this isolation move to close out your biceps work since you can't use heavy weights; here you'll go lighter so you're at the higher end of the muscle-building rep zone.

START

Sit at the end of a flat bench placed perpendicular to the low-pulley cable and attach a D-handle. Use an underhand grip and bend over to position the triceps of your working arm on your inner thigh so your arm hangs down and the cable runs under your leg. Keep your back flat **(A)**.

EXECUTION

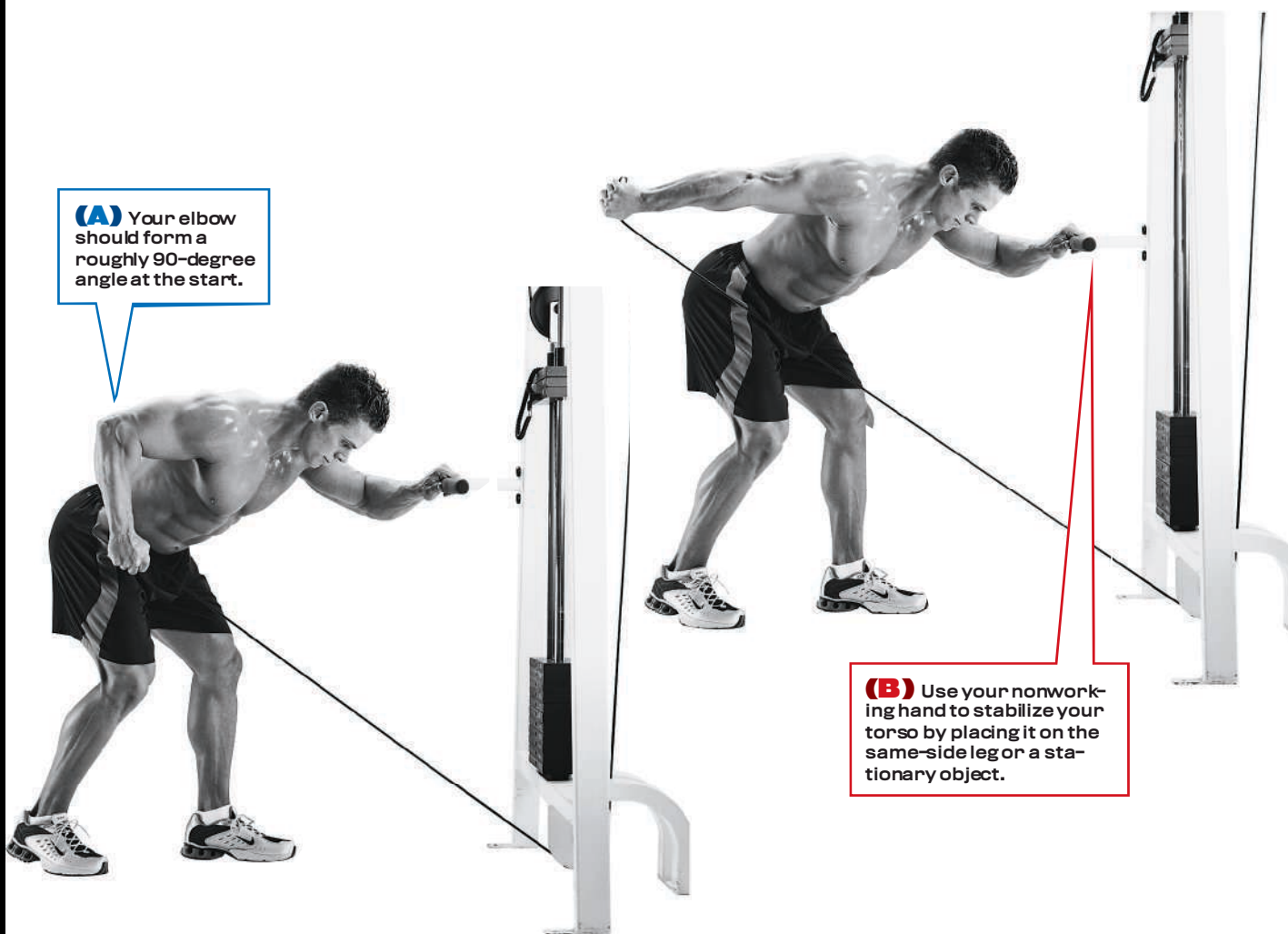
Curl the handle straight up as high as you can, squeezing your biceps hard at the top; avoid rolling your triceps up and off your thigh **(B)**. Lower under control to full arm extension, switching sides after you complete all reps for one arm.

6 TRICEPS

Cable Kickback

WHAT IT HITS **TRICEPS** | SETS + REPS **3 SETS OF 12 REPS**

GOT A PARTNER » Ask him to watch your form; this move's tricky if you haven't done it before. Although he can help with a forced rep or two, try a drop set on your last set to really fry your tri's.



(A) Your elbow should form a roughly 90-degree angle at the start.

(B) Use your nonworking hand to stabilize your torso by placing it on the same-side leg or a stationary object.

RUNDOWN

Here's another arm move you can do from a low-pulley cable. If it has a big rubber stopper as most do, remove the handle. Because you can't use much weight for this isolation exercise, it makes a good finish to your routine. Unlike the dumbbell version, tension stays on the muscle throughout the range of motion.

START

Grasp the rubber stopper tightly between your thumb and index finger. Position your working-side shoulder directly in line with the cable. Bend over using a split stance, and keep the upper arm of your working side close to your torso (about parallel to the floor) throughout the move **(A)**.

EXECUTION

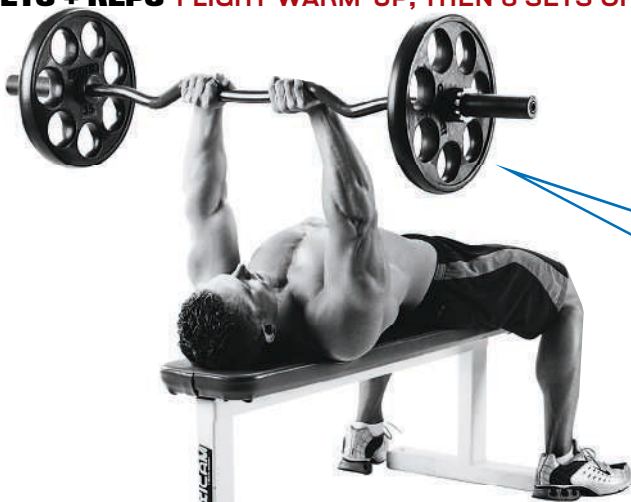
With your upper arm locked by your side, kick your forearm straight back until your arm is completely extended, squeezing your tri's hard at the point of peak contraction **(B)**. Lower under control but don't drop your elbow. Do all reps for one side before switching. **M&F**

2 TRICEPS

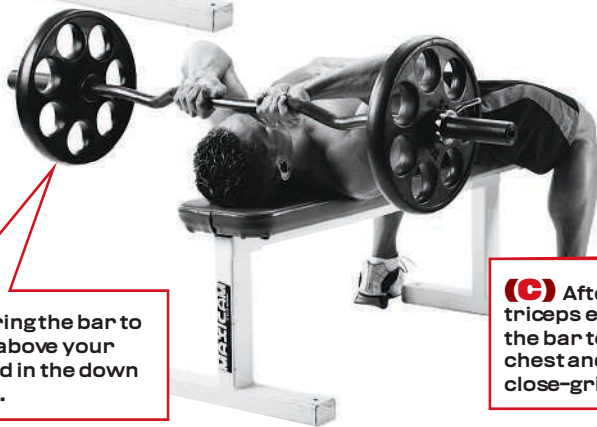
Lying EZ-Bar Triceps Extension into Close-Grip Bench Press

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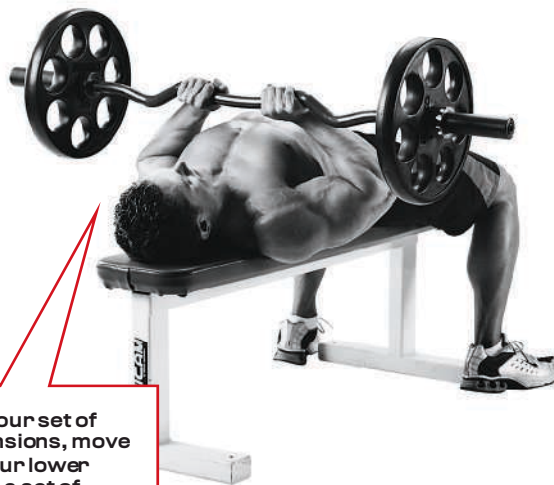
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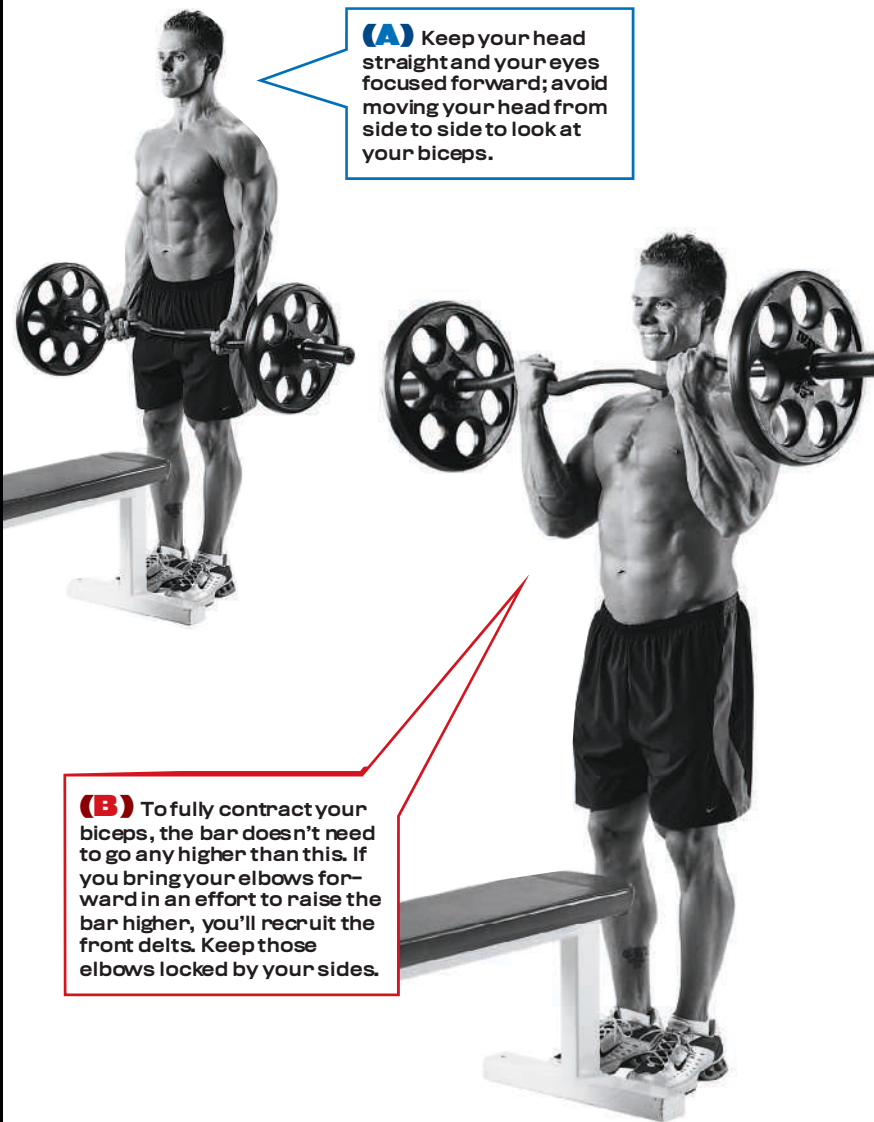
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