

Stubborn Arms Guide

Free Arm Training Plan



FITNESS ACADEMY

TRAINING | NUTRITION | COACHING

Free Training Plan

If you are unsure about whether you are ready to fully commit to coaching, We have decided to put together this booklet of free information to give you a small taster of what you will receive when working 1-1 with us.

Everything will be fully customised and designed from scratch for your goals, this is a snippet of a program that we have build for an individual struggling to grow their arms.

This will suit an amateur lifter with a few years experience, that has perhaps genetically stubborn arms or they may be wanting to further increase arm growth after hitting a plateau.

We have built this plan by prioritising exercise execution and tempo early on, focussing on the shortened range when the muscles are fresh and moving to the lengthened range mid workout. Finishing off with intensity techniques with the focus shifting to metabolic work.

Remember, this training plan won't suit everyone perfectly. If you do have any questions about why we program the way we do for this type of lifter, and are perhaps wondering what would actually suit you individually. Give us a message anytime and we will help you.

We have also included a lot of free information explaining our protocols around progressive overload training, sets, exercise execution and tempo.

If you have any questions, feel free to reach out to us anytime using the contact session on our website www.pbfitnessacademy.com

Make sure you tag @pb_fitness_academy_ in your posts when you try this plan!

Arm Workout

Exercise Name	Exercise Description	Feeder Sets	Working Sets	Reps	Rest	Tempo (Eccentric-Isometric-Concentric)
Bilateral Cable Cuffed Tricep Extensions:	Set the cables at the highest setting with a cuff attachment. Stand back from the close cable machine with a strong stance and body position, standing in the centre facing the machine. Grip the cuff and move yourself into the starting position with your upper body leaning slightly over and locking your upper arm directly vertical to the ground. Keep your upper arm and elbows fixed in this position throughout the set. Concentrically contract to fully extend the arm, squeeze the tricep hard and slowly control the eccentric.	1	3	Priming 12-15 Top 8-10 Back Off 15-20	60 Seconds	3-1-2
Seated Preacher Curl:	Grip the D-handles or bar and fix your upper arm on to the top of the bench. Keeping your upper arm fixed to the bench throughout the set, concentrically contract and squeeze the bicep, supinating at the top for maximum contraction. Control the eccentric phase very slowly as far as you can without fully extending the arm, this will keep constant tension on the bicep (completely locking out will lose tension)	1	3	Priming 12-15 Top 8-10 Back Off 15-20	60 Seconds	3-1-2
Cable Cuffed Cross Body Tricep Extensions:	Set the cable at the highest setting with a cuff attachment. Stand back from the cable with a strong stance and body position, facing side on to the machine. Grip the cuff and move yourself into the starting position with your upper body leaning slightly over and locking your upper arm directly vertical to the ground. Keep your upper arm and elbows fixed in this position throughout the set. Concentrically contract to fully extend the arm, squeeze the tricep hard and slowly control the eccentric.	1	2	Top 8-10 REST PAUSE 12-15+	As Needed	4-1-2
Unilateral Cable D-Handle Preacher Curl:	Set up an incline bench facing the cable machine. Set the cable machine at one of the lower points so that the line of the cable is parallel to the incline bench. Grip the D-handle and fix your upper arm on to the top of the incline bench whilst facing the cables. Keeping your upper arm fixed to the bench throughout the set, concentrically contract and squeeze the bicep, supinating at the top for maximum contraction. Control the eccentric phase very slowly as far as you can without fully extending the arm, this will keep constant tension on the bicep (completely locking out will lose tension)	1	2	Top 5-8 REST PAUSE 12-15+	As Needed	4-1-2
Dips (Triceps Focussed):	Use resistance band to assist you if needed. Using any piece of equipment that will allow you to perform bodyweight dips, set up as usual. Prioritise the triceps here by keeping a neutral spine position and trying to keep the torso fairly upright. Use a neutral grip and add weight if needed using a weighted belt.	1	2	Priming 18-20 Top 10-12	60 Seconds	2-2-2
DB Alternating Curls:	Stand in a strong position. Keep elbows fixed with your upper arm staying vertical to the ground throughout the set. Use slight momentum on the concentric, contract hard at the top whilst supinating fully. Slowly control the eccentrics. Remember to initiate supination of the wrist at the start of the movement, do not hammer curl the dumbbells up over half way and then supinate at the end.	1	2	Priming 12-14 Top 10-12	As Needed	3-1-2
Cable Rope Overhead Extensions:	Set the cable at the highest setting with a rope attachment. Stand facing away from the cables, lean back and press your glutes into the cable machine for support whilst leaning your upper body forward. Grip the rope and move yourself into the starting position with your upper body leaning over and locking your upper arms as high as possible without flaring the elbows. Keep your upper arm and elbows fixed in this position throughout the set. Concentrically contract to fully extend the arm, squeeze the tricep hard and slowly control the eccentric.	1	3	Priming 12-15 Top 8-10 DROP SET 5-8 & 8-10	60 Seconds	3-1-2
Bilateral Low Cable D-Handle Standing Curls:	Set the cable machine at one of the lowest points. Grip the D-handle facing away from the cables and take two steps forward to create a 30 degree angle with your upper arm hanging behind your torso in line with the cables pointing towards the bottom of the stack. Keeping your upper arm fixed in this position throughout, concentrically contract and squeeze the bicep, supinating at the top for maximum contraction. Control the eccentric phase very slowly as far as you can without fully extending the arm, this will keep constant tension on the bicep (completely locking out will lose tension).	1	3	Priming 12-15 Top 8-10 DROP SET 5-8 & 8-10	60 Seconds	3-1-2

Hypertrophy is the result of an adaptation to an unaccustomed stress. This is why we must continue to do more each session in order to continue progressing. You can apply progressive overload in many forms, whether it be a small increase in load on the bar or an extra rep.

IMPORTANT! Tempo and execution must be standardised. This is the biggest misconception and drawback when people discuss progressive overload, without form being standardised the logbook and numbers do not mean anything. You need to control all variables in order to see true progression. Allowing your eccentrics to speed up in order to get an extra rep is not progression, the same as decreasing range of motion to get extra weight on the bar is also not progression. True progression is when you fix all variables as a constant, including intensity!

This is why we have created the PB training logbook in such a specific way. Not only are you able to track the usual sets/reps/weight/tempo per exercise but you can clearly see on the same page your previous sessions of that rotation. This allows you to know exactly what you hit at that exact moment of the previous session, giving you an even bigger motivation to beat every single set and not just the big moves. You can also track this on your training plans via G sheets.

It's important that you remember that progress is not always linear, however, you must do all you can to force adaptation. Not every week will see an increase in load but if you continue to be meticulous with beating the logbook, over a period of time, you will see progression, and that is what will drive continuous changes and developments in your physique.

FEEDER SETS: This is simply another word to describe a warm up set. However, the reason we call them feeder sets is due to people believing that warm up sets are not needed if you are already 'warm'. This is not the case, hence why we call them feeder sets to save the confusion.

We will **ALWAYS** use at least one feeder set when moving on to a new exercise. Not only because more often than not we will need to slowly and progressively work up to our working set load. More importantly we use feeder sets to allow your body to adapt to the new movement. The more advanced you become, the more feeder sets you will need before each exercise. More than likely you will have a higher working load to build up to as well. It is never wise to rush the feeder sets, these will prevent or significantly reduce the chance of injury. Feeder sets should be a very comfortable load, and never taken anywhere near failure. Feeder sets don't need to be logged.

WORKING SETS: The sets that count, the sets that should always be logged, the sets that you must progress at all costs! Every single working set must be taken to failure, unless your coach has stated otherwise. You will be asked to log every working sets (weight x reps), once the benchmark numbers are set you must do all you can to progress those numbers. You will be given a guide on the program of what rep range to aim to fail between. This will give you an idea of what load to select, however, once the load has been selected you must take that set to complete failure, regardless of whether that forces you to land inside or outside of the desired rep range. Remember your muscles do not recognise if you landed on a specific number, but it does recognise the stressor that is muscular failure. This will force the adaptation we desire.

All of the following terms are fancy words to describe working sets. We name these working sets to give you simple idea of what sort of rep range to aim for. You must take all of these sets to complete failure unless stated otherwise by your coach.

PRIMING SETS: This will always be a working set, taken to complete failure before moving up to your heaviest set. This goes against the grain for most people, as they will always save themselves for the heaviest set. Priming sets force you away from what you're used to, very similar to a 'pre-exhaust' style of training.

TOP SETS: This is the heaviest load of the particular exercises working sets. You will always need to build up to this with multiple feeder sets to get used to the movement and gradually increase load close to your working set. The top set will always be considered 'heavy' and it will be a lot more difficult to maintain perfect execution, however, that must remain a priority!

BACK OFF SETS: These will always be much lighter working sets compared to a top set and even a priming set. This is simply a description of the change in load, the execution, intensity should remain the same as when you approach a top set. This is also taken to complete failure just like every working set!

TEMPO: You will see tempo stated on your plan like this '4-1-2'. The numbers stand for the amount of time (in seconds) that you should spend in each phase of contraction for example 'eccentric-isometric-concentric'.

CONCENTRIC: This is when the muscles shorten / contract. This is what most people think is a 'contraction'. That is because this is the contraction tested for strength. The concentric phase of the lift is for example on the bench press when you are pushing the bar up. Surprisingly, this is the weakest type of contraction, this is why if you are testing your 1-Rep-Max on the Bench Press - you may be able to bring the bar down slowly but unable to push it back up. This is due to the Concentric phase being weaker than the downward (Eccentric) phase, bringing me on to the next contraction.

ISOMETRIC: This is the most uncommonly trained contraction but again is stronger than the most common concentric contraction. This is when the muscle doesn't lengthen or shorten during contraction it stays the same. This can be simply exercised by pausing and holding the weight in one place e.g pause squats.

ECCENTRIC: This is when the muscles lengthen during contraction, and arguable the greatest phase of contraction for muscle hypertrophy. This is the downward phase of the bench press and is believed to be around 4x stronger than concentric contraction. This is the reason you can control heavy weight down to your chest on the bench but can't push it back up. This can be trained by slowing down the eccentric phase of the lift during any exercise, therefore instead of dropping the weight straight after deadlifting the bar off the ground; don't drop it but slowly lower the bar back to the ground.

Rest Pause & Drop Sets

REST PAUSE: This is another fancy term for elongating a set adding an extra failure point, allowing 10-15 seconds rest in between failure points instead of decreasing the load and continuing the set without rest like you would with a drop set. For example, if the program states 12, 6, 3 as the failure points for each micro set, you would select a load that would force you to fail around 12 reps, take the 10-15 second rest then continue that set with the same load. Due to the lack of rest, this same load would usually force you to fail somewhere around 6 reps, repeat the process one last time and the final micro set would see you failing after 3 reps. This is a great intensity amplifier allowing to hit failure multiple times within a set.

DROP SET: This is when you use the same exercise but change the weight. This is a great intensity technique when you are looking to take yourself beyond failure. For example, if the program stated an 10&8 drop set, you would first select a load that would force you to fail around the 10 rep range. Immediately after hitting failure you would drop the weight to a load that would force you to fail around the 8 rep mark. You wouldn't have any rest in between a drop set, take into account fatigue before selecting the second load.

This is your opportunity to work with us on a 1-1 basis. Online coaching is by far the most proven method to guarantee results, providing that you also give 100%!

You will be partnered up with your desired coach, of which you will embark on an incredible journey together. You will establish a professional working relationship where you both demand certain commitments from each other. Your coach will always be there to firstly set the plans in motion and then guide and support you throughout the process. All we expect in return, is that you communicate, check in on time and more importantly give 100% effort to completing the tasks at hand.

We want you to achieve the results you desire just as much as you do. You will be a reflection on us as a service, this is why you know you will always have our undivided attention when it comes to programming, adjustments to the plans and accountability throughout the process.

What makes coaching so great is the constant support and adjustments to the program. We understand that the most optimal plan is the plan you can adhere to for the rest of your life with ease, this is why we work with you to continually adjust the plan as you progress until we find the perfect recipe for you.

This is the best way to get results and feel your best, whilst maintaining a social life and enjoying everything life has to offer. Looking and feeling good whilst eating the foods you love has never been so easy!

Fully Customised Programming

A common question we always get asked is 'How does it work and how is it made specifically for my needs?'. As you are aware, all of our programs are drawn up from scratch to suit you and your goals.

The process begins with an initial inquiry, we then chat about your goals via video call, email or your preferred method of communication. After we have a general idea of what you are looking for, we then decide if you would be a good fit to work with us, after all, we want results just as much as you do and our spaces are limited.

If you've successfully passed our screening test, we will send out our consultation questionnaire. This is how we collect all of the major and minor details from you to start drawing up a draft program for you. This consultation will take absolutely everything you can imagine into consideration, this is how we make our programs so unique and more importantly why we have so much success with our clients!

We start with the usual body stats as well as taking a look at your history over the past 6-12 months to get an understanding on what your body has been through lately. We also ask you to fill in as much detail as possible on your medical history, injuries, past training styles, current nutrition set up, occupation, lifestyle and supplement history.

This information combined with what we would have already discussed regarding your nutrition and training goals will give us an a very clear plan of what we need to do going forward.

Now you might be wondering, 'What really separates online coaching from one-off programming as they are both fully customised?'

The answer is very clear and simple, and its why we see so much success with online coaching compared to one-off programs.

The check in process and accountability that you get from coaching is priceless. This is what will help you understand exactly what you are going through, it will make you think twice before snacking off plan, it will ultimately be the key to your success!

We have a very simple check in process where you fill out a detailed questionnaire once a week. This questionnaire will ask you all sorts of questions to paint a perfect picture to display to your coach exactly how your week has been.

This check in sheet will include details such as your body stats, data tracking, health monitoring, body measurements, bio-feedback, general mood rating, nutritional targets, training, steps, cardiovascular fitness and much more.

Here comes the vital part, You will then receive updates to your program depending on how your check in process has gone. Remember, as you progress your body through a program everything needs to adapt to suit you. The original program was designed for you at your starting point, this same program will not work as well as you change throughout simply because you are not the same person as when you started.

This is what makes coaching so great, as this is taken care of as you progress!

What Does Coaching Involve?

Coaching is not only the highest standard of training and nutrition programming, it also includes everything you could possibly need to reach your goal. Firstly, the coaching process begins with a fully customised, easy to follow plan designed to reach your personal goals. You will then have feedback, adjustments and adaptations to the plan as you progress which will ensure continued progression. As well as the custom plans and weekly targets, you will of course have your coach to support, guide and monitor you to keep you accountable throughout.

The possibility is limitless...

We have bullet pointed below exactly what's involved in both tiers.

- **Fully Customised Training Plan**
- **Logbook App to Training Measure Progression**
- **Training Breakdown Booklet**
- **Fully Customised Nutrition Guide & Macro Targets**
- **Flexible Dieting Guide**
- **High Micronutrient Food Guide**
- **Cardio Plan**
- **Supplements Guide**
- **Weekly Check Ins via E-Mail**
- **UNLIMITED adjustments to the plan when needed as you progress**
- **UNLIMITED WhatsApp Support**
- **ANALYSIS of your training videos in detail**
- **VIDEO & VOICE NOTE Feedback and Explanations.**
- **Guaranteed Results.**

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