

# **Arms Report**

***From 7 1/2" To Over 19"***  
***How I Did It Without Drugs***



***Curis  
for the  
Girls***

**By Alan Palmieri**

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**Important**

The information contained herein is the opinion of the author and not provided or intended as medical advice. No diet or exercise program should be conducted without the approval of a physician.

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The first thing that needs to be said, although not really comforting but rather true, is that not everyone will be able to obtain huge arms. Don't let this discourage your efforts nor keep you from your goals. The fact is that most magazines and articles you read will almost promise you, and some do, huge arms by following their advice. The truth is that genetics plays a major role and most articles fail to bring this important point to the reader's attention. This is not to say genetics is the most significant aspect in developing larger arms but it definitely is a major factor. Important also are: Being faithful to your workouts, not over training, not under training, effort, enthusiasm, and the will and desire to achieve your goals.

When I first stated training, my biceps measured a whopping 7 ½". I was able to get them to over 19" without the use of steroids or other drugs. Needless to say, the measurement of 7 ½" was the first measurement I took before I started training and I was young at the time. My genetics, as far as arm potential is poor. Granted a 19" arm is less than a 22" arm but I did it without the help or use of any steroids or drugs whatsoever. That is why I feel confident in saying, "If I can do it so can you". It is not easy and you will have to disregard much of what you have read and been told. That will be difficult for the majority who read this report because... something presented in a high class magazine has to be more factual than something printed in a small report, right? Don't count on it!

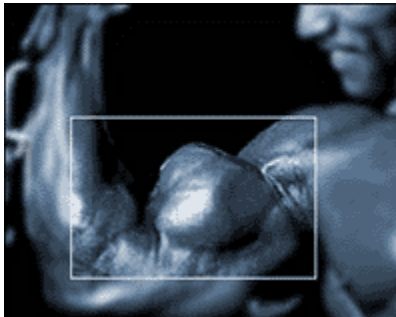
I remember talking with Harold Poole backstage at one of the IFBB events held at the Brooklyn Academy of Music in New York back in the 60's. Some of the younger readers may not remember him but during that period of time Harold, Larry Scott and, Dave Draper were the best of the best. Poole came in second to Scott for the Olympia title. A famous pose by Poole was the "crab". To this day I don't think anyone could do it better or get the reaction Poole did back then.

An arm that impresses me may not impress the next person. It's all personal preference. I respected the way Poole's biceps and triceps blended and appeared. I read

the many articles in magazines related to his arm training methods. Each listed several movements done for many sets and reps. I followed the articles and incorporated his printed training routines into my program. I achieved little or no success.

I asked Harold what he actually did for his arm routine. The response I received shocked me. “I do barbell curls and triceps press downs.” “What! That’s all you do?” “Yes, but I perform six sets of each” he replied. “So all the articles in the magazines, outlining your arm routines, are nothing but bunk?” Not really he told me. Harold went on to say that he had followed many different arm programs comprised of various exercises, sets and reps. He did change things around from time to time but the barbell curls and triceps press down for six sets of each was basically it.

Surprised? I was. It was one of my first insights into the real world of bodybuilding outside of what I read in books and magazines. It was one of the first experiences I had and from that I built and searched for more. I found a lot more. Some wonderful stories and experiences learned over time. The exchange with Harold Poole set me on a new course. All I had been doing in the past, which produced little or no results, was going to change.



What most people don't seem to want to grasp is the fact the people they ask advice for in their arm training are individuals who sport those 20" plus arms. That fact in itself indicates you are seeking advice from individuals who have far greater potential, genetics, and recuperative powers than almost everyone else. What works for them most likely will not work for the masses and you. These individuals have been blessed with

the genetics and recuperative abilities 90% or more of the general population do not and can never have.

Watching a gifted bodybuilder train their arms, reading magazines providing their arm routines and advice is great for inspiration and motivation. It is also good for gaining insight and understanding into various training methods. But to follow the exact program... I'm afraid most will find less than satisfactory results, just as I did.

Over the years I tried every program you can imagine. Some you can't imagine. I did straight sets, compound sets, super sets, tri sets, giant sets. I went heavy with overloads and babied myself with light weight and high reps. I trained arms daily, weekly, twice a week, and three times a week. I took supplements and proteins like crazy. I ate seven meals per day, three per day, and one per day. Three times I even did a set of curls every hour on the hour for a full twenty-four hours. I tried and did it all.

It would be a lie for me to say I didn't see some changes or get results from all of this. I did. But not the size I was looking for. Not until, that is, I came up with a program that worked for me like nothing all the rest combined did.

I'm not going to promise you 20" arms if you follow what I did. God made us all different. What works for one may not work for another. One thing I am certain of is this; if you are reading this report it means you desire larger arms and have as yet had little or no success in reaching that goal using other methods.

What is contained in this report is the actual training and diet program I found to be the best for me. I offer it as information on what I did and how I did it. I would not encourage anyone to follow this program without first consulting their physician. I would also suggest not undertaking any exercise or diet program without first talking with a doctor and reviewing your medical history and telling them about your plans to exercise.

The arms are relatively small muscle groups of the body. Without going into a lot of detail explanation, you have the biceps and triceps. Granted this is an extremely simplified description but kinesiology, muscle connection, muscle cells, and all the other important scientific information I will leave to the experts. I only know what I know and what I learned from my own personal trail by error efforts.

It would be best if you could get it into your head that arm development takes time. It's not something that will happen overnight or in a week or even a month. Remember, I am talking about my own personal experience and if you are not one of those special gifted bodybuilders, then I think all of this information will be of help to you too. Besides, if you are one of those "Special Ones" you wouldn't be reading this report in the first place.

Arms, as any muscle, will increase in size only if a progressive load or resistance is placed upon it. Simple but important. The trick for me was to discover how much and for how long and for how often. There in lies perhaps one of the biggest secrets in arm training. Arms for me were far less forgiving than any other muscle group. I could overwork the chest, back, legs, shoulders and they would be forgiving but arms... no way. One workout of over training them and they would fail to respond for a couple of weeks. Not to mention the negative impact this would have on other body parts.

I also learned that arm training, although a priority must not become the single focus of my training. Legs, back, chest and shoulders needed to be trained in order to get the maximum out of my arm training programs. This allowed for muscle stimulus from different angles. I had to follow a well rounded program to get the best results for my arms. I am not going into my total routine as it would take far too long. The important thing is that you remember to follow a balanced training program for the entire body and use the information provided in this report for priority arm training.

Almost any exercise for any other part of the body will work either the biceps or triceps. Some movements will work them more than others but they are still being

worked. That's why I recommend doing arm work on a separate day from other body parts. You will be fresher and have more energy.

Younger "high energy" people also have a problem in training by not letting their enthusiasm cause them to overdo it. This is especially true when it comes to arms. They could have the flu and still manage to get in their arm workout. The same people can come down with a sniffle and skip squats on leg day. I'm telling you it won't work if you fall into this category. You can do priority arm training but not at the expense of total body training.

Over the years sound advice has been given on the importance of doing the basic movements and the dramatic impact they have on developing the body. Squats, bent over rows, military presses, bench presses, and dead lifts. Unfortunately, with the advancement of new hi-tech equipment and modern health clubs, it has become unpopular to do these movements. Performing heavy basic movements is definitely not easy. They require some sweat and hard work which is not the order of the day for most people. Today it has to be easy and fast.

Let me make a point for just one of the basic movements I listed to indicate how and why it is important in an overall bodybuilding program, especially the arms. I will use the squat mainly because almost everyone I know hates to do them.

Not so many years ago coaches and doctors advised against doing squats because they claimed it would ruin the knees and/or the lower back. Today, to a certain extent, such thought patterns still exist. Now I'm not going to tell you that there is no risk involved in doing full squats. If you drive a nail with a hammer there is risk involved. Anything you do has a certain amount of risk. Doing barbell curls has a risk of injury. Unless you have been born with some condition or you have experienced some injury or you have performed squats improperly, you should always include them in your workout.

Squats performed correctly are one of the best movements for overall conditioning, bodybuilding and, in developing the arms. Although I have stated I was not going to get scientific, I feel it important to at least bridge this subject with you because so many fail to see the importance and heed the advice given for doing full squats.

Now wait one minute, I can hear you saying right now... I wanted to know about building arms, not legs and squats! What's all this about! Well my friend, the simple fact that I have devoted so much space in this report on arms to squats indicates how important I feel squats are to arm development, let alone over all body development. I credit a great deal of the success I had in arm training to performing full squats. Naturally if you have some legitimate physical condition or health problem that prevents you from doing squats you will have to forgo including them in your workouts.

By now everyone should know that workouts do not build muscle. They actually tear down muscle cells and force blood into the area being worked. It is the rest and nutrition phase that actually builds the muscles. During a workout, you try to flush and fill the muscles with blood; the all important pump is achieved when this is done. In order to accomplish this one needs a good supply of oxygen and blood. I challenge anyone to find a better resistance exercise to increase lung and oxygen capacity than the full squat. The squat will work the heart like no other exercise. It will develop more overall body strength and conditioning than any other movement. It will allow for more blood to be pumped into all body areas, including the arms. More blood and oxygen will produce more growth. It will also provide more stamina and endurance so that you can work arms harder.

Properly performed heavy full squats for reps will do more for overall conditioning and arm development than you can imagine. In my opinion it is a necessity for arm development. Besides, how many times have you seen someone with a good sized chest and arms only to look down and see them perched on bird legs? Weak leg development distracts from any accomplishments made in the upper body and this includes arms.



None of this is to diminish the fact that your arm training needs to be a priority. It just means you need to organize and recognize the importance of a well rounded program. Organize your diet, training, and life style if you ever expect to gain the most from your workout.



Diet and rest are vital to a good program. Over the past ten years the importance and impact of ones diet has started to receive the recognition it is justly due. When I was a very active bodybuilder in the 60's, we all knew the importance of diet and supplements. Almost to a fault we carefully followed a diet program that by today's standards would be condemned. Milk, lots of it. Whole cheese. More red meat than healthier choices such as turkey, fish, and chicken. Most didn't know any better because the medical profession was still telling everyone not to lift weights because of the harm it would cause so how could they advise us on dietary needs. By today's standards, what we did back then was not the best thing to do but it worked. Some were ahead of their time as far as diet and supplements were concerned but it was slow to gain acceptance.

If you decided to follow this program and have been training for an extended period of time, I would suggest you take one or two weeks off. This will provide the time to refresh yourself and help prepare you for the program. I would also suggest you slack off the diet you are presently following during this same time period.

I'll outline the diet I followed later on but for now lets get down to the exact routine I used to develop my arms. When I first started training with regular barbells and dumbbells, the first course of instruction I followed was the Joe Weider Program. It worked great for me and I had a great deal of success with the program. If you are a youngster or just beginning to train I would highly recommend getting the Weider System and following it for about three to six months before you begin any program. The program outlined here came about after I had been training for many years.

Month 1: Arms trained twice per week. Monday and Thursday. No other body parts were trained on these days.

Exercise	Set	Rep	Weight
Bicep Barbell Curl	1	10	80
	2	8	90
	3	8	90
	4	6	115
Alternate Standing Dumbbell Curl	1	8	35
	2	6	45
	3	6	50
Close Grip Triceps Bench Press	1	12	160
	2	10	180
	3	8	200
	4	6	220
Lying Triceps Extension	1	10	80
	2	8	90
	3	8	90

A total of four exercises two each for biceps and two for triceps. No more and no less. Some days I felt stronger and wanted to do more but refrained from doing so. Other days I was weaker and could barely make it through but I did it. No fancy stuff to this program just basics but done with complete and full concentration. The importance of concentrating and not being distracted is important.

Let me add a word of caution here. A lot of people, especially me, develop pain and discomfort in the elbow area from doing triceps extensions. Especially if you go heavier than you should or do not warm-up sufficiently. This pain is usually not the elbow joint itself but the small muscle called Anconeus, which is also an elbow extensor. Once you develop pain and discomfort in this area you would be wise to discontinue the extensions. Be careful and make certain you use a weight that will allow good form.

You must focus on what you are doing. Develop a mental picture of how you want your arms to look and keep that picture in your mind. Concentrate on every rep and visualize your arms as you want them to be. Although another report all to itself, mind control in bodybuilding is a result producer itself. Believe what you want to be and you will become that which you want. Corny; maybe to some, those who have never experienced the results, but don't say that to those that have and can testify to the benefits of positive thinking or mind visualization.



Walk into any gym and look around. Look at the physiques of those that take long rest periods between sets, those that talk as they perform the movements that read magazines between sets. Then look at those that are fully focused, the ones that seem to be in another world. The ones busy with the task at hand. You can easily see the difference in the two groups and the build each has been able to obtain.

Although I will not list it again, I warmed up for about five to ten minutes before every workout. On arm day I would do two sets of single arm dumbbell curls with about 25 pounds for fifteen to twenty reps and two sets of single arm dumbbell triceps extensions for about fifteen to twenty reps with 20 to 25 pounds. I did not rush the warm up period and would take my time between sets. I learned to feel the blood move into the area I was going to work. I used this time to mentally prepare for the workout which was to follow.

Form was very strict, concentrating on the biceps and triceps doing the work. Not shoulders, back and legs like many do. You must perform an exercise so that the muscle you want to develop does the work. Many are so concerned with the amount of weight they can use they deprive themselves of the results that can be obtained if they would reduce the weight and perform the exercise correctly. Over the years I have seen so many working out in gyms that were more concerned with the weight they were using to impress others they completely failed to get any benefit out of the movement itself. Leave your ego at home. Concentrate on the movement not the weight. What are you after; how much you can curl or the size of your arm? Leave the weight records to power lifters.

At this stage I employed only strict movements with no cheating. Exercises were performed in slow deliberate motion. Full extensions and contractions with the exception of exercises for the triceps. While performing triceps exercises I would always come just short of a lockout in order to save the stress on the elbow joints. I never did fast jerky movements. This program was followed for four weeks.

Month 2: Arms are continued to be worked separately two times a week on Monday and Thursday.

Exercise	Set	Rep	Weight
Standing Alternate Dumbbell Curl	1	10	30
	2	8	35
	3	8	40
	4	6	50
Close Grip EZ Curls	1	10	80
	2	8	95
	3	8	100
	4	6	100

Triceps Dips	1	15	0
	2	12	10
	3	10	20
	4	8-10	20
Triceps Seated EZ Curl Extension	1	12	80
	2	10	90
	3	8	100
	4	6	100

Still nothing fancy. The weight I used is not impressive but it worked for me. Poundage was what I could use to perform the exercises properly and without injury. It was never my intention to become a power lifter. My goal was arm development. Naturally I increased my strength along the way and was able to do standing barbell curls with 225 pounds but I did not train with weights that heavy.

Fight the urge to lift weights that keep you from using perfect form. Even in cheating movements form is important. Some will slap on the weight and perform movements in a sloppy manner only to feed their ego on the amount of weight they can use. In the end injury and small or no size gain is achieved.

Month 3: I continued to train arms separately on Monday and Thursday but this month I added a third day of training, Saturdays.

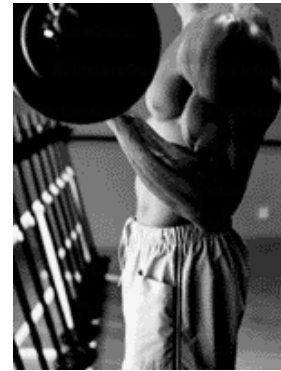


Exercise	Set	Rep	Weight
Cheat Barbell Curl	1	10	100
	2	8	115
	3	6	125
	4	6	135
	5	Max.	155
Seated Dumbbell Hammers	1	10	35
	2	8	40
	3	8	40
Close Grip Triceps Bench Press	1	10	160
	2	8	180
	3	8	200
	4	6	225
	5	Max.	245
Seated One Arm Triceps Extension	1	10	25
	2	8	25
	3	6	30
	4	Max.	35
	5	Max.	35

On Saturday's I did three sets of the following for 8 – 10 reps each using whatever weight I could use to get the reps without cheating. Standing bent over dumbbell concentration curls for biceps and dumbbell kickbacks for triceps. With these workouts I never really tried to push myself but rather used them as a time to flush and pump blood into the arm region. I enjoyed it as it provided a break from my normal routine and allowed some change in the program.

Month 4: This is where a set pattern is impossible to list as I used different exercises almost every workout. I changed the set and rep patterns at will. My main thought was to best whatever I did the last workout. Whether it was by adding another rep or by adding just a single pound to the bars. I would only add maybe 2.5 pounds to dumbbell movements and 5 to 10 pounds to barbell movements. If you try and add to much you will only take away from the importance of the movement itself.

Small increases built up over time lead to big increases not only in weight but also size. You must have patience while at the same time push yourself forward. It is often a delicate balancing act and it does take time to achieve the right mix. I've mentioned it elsewhere in this report but feel it needs repeating. Don't let your ego get the best of you. Exceptions do exist but I have always found that those with big ego have nothing more than that, big egos. If you are working out in a gym learn to ignore your surroundings and concentrate on what you are doing. Don't worry about who is watching you or what someone else might be able to lift in a particular movement. You are training for yourself. You don't have to prove anything to anyone.



I did keep two exercises, one for biceps and one for triceps in my workout. They were always included. The only thing I did different with them was increasing the reps and/or weights each workout. It is important to point out that at this stage I worked arms only one day per week. I also trained them alone; no other body part was trained on arm days in order to focus full concentration and effort on arms. I tracked things with a workout log to make certain I could best my last workout. In order to make this clearer, here is an outline as an example.

Biceps: Standing Alternated Dumbbell Curl. Performed for four sets.

1 <sup>st</sup> week	6x45	6x45	6x45	6x45
2 <sup>nd</sup> week	7x45	6x45	6x45	6x45
3 <sup>rd</sup> week	7x45	7x45	6x45	6x45
4 <sup>th</sup> week	7x45	7x45	7x45	6x45
5 <sup>th</sup> week	7x45	7x45	7x45	7x45
6 <sup>th</sup> week	8x45	7x45	7x45	7x45
7 <sup>th</sup> week	8x45	8x45	7x45	7x45
8 <sup>th</sup> week	8x45	8x45	8x45	7x45
9 <sup>th</sup> week	8x45	8x45	8x45	8x45

Once I obtained the 8 reps with 45 pounds for all four sets, I would add five pounds and begin the process over, 6x50, 6x50, 6x50, 6x50, and so on as illustrated above.

I used the same principal for Close Grip Triceps Presses. The only difference was instead of starting with 6 reps I started with 8 and instead of using 8 reps as my maximum ending goal I used 10.

These two exercises were my main stays. In addition to these two exercises, I did two additional movements for biceps and two for triceps. This is where the every workout change took place. Not with the Standing Alternate Dumbbell Curl or the Close Grip Triceps Press however. Just as I have indicated, these stayed in the program throughout. I changed every workout to keep from getting board and also to hit the muscles from different angles. I did no more than three sets of the other two exercises for a total of ten sets for biceps and ten sets for triceps. Reps and weights changed for these exercises depending on what I felt like doing. Sometimes I would do fifteen reps, sometimes six. I would never however, go above fifteen reps. At times I would do doubles but not singles as the result of injury is high when using heavy weights for single reps.



I would never do two lighter workouts in succession however. If I went light with more reps one week, I would go heavy with fewer reps the next week. I feel it wise to alternate between light and heavy as it keeps a program interesting while providing a different angle on muscle development. The mind and body become stale doing the same thing over and over. Change is instrumental in moving forward. Just be cautious not to fall into any set pattern when you feel change is needed. Learn to listen to your body and mind. Just make certain the lazy part of your mind is not the one you tend to heed. It happens to everyone from time to time and you need to be aware of the negative influence it can have.



I followed this type of training for the next nine months. That's one full year on this program and it worked for me better than anything else I had done in the past. I made steady gains and went past the 19" arm barrier with it.

I did not maintain a very strict diet at all. I did watch what I ate but I made no effort to be a nut about it. I was never able to gain fast enough by keeping fats and carbs to a minimum. This is a basic outline of the diet I followed along with the supplements I took.

Breakfast: 2 cups raw oatmeal with soy milk, 1 slice whole wheat toast, 1 banana, protein drink, Vitamin-Mineral tablet, Vitamin C 500 mg., Vitamin E 200 I.U., Co Q-10 30 mg., Magnesium 100 mg., Alpha Lipoic Acid 100 mg.

Snack: 1 piece of fruit, Hi Protein mix.

Lunch: Yogurt or lean meat, Hi Protein, Vitamin C 500 mg., Vitamin E 200 I.U., Magnesium 100 mg., Alpha Lipoic Acid 100 mg., Multi Enzyme Digestant Tablet.

Snack: Hi Protein, Fruit or low fat cottage cheese sandwich.

Supper: Fish, chicken, pasta or meat, baked potato, green salad, Vitamin C 500 mg., Magnesium 100 mg., Vitamin E 200 I.U., B-Complex 50 mg., Alpha Lipoic Acid 100 mg., Multi Enzyme Digestant Tablet.

Snack: Popcorn, Hi Protein, No Sugar Added / Fat Free Ice-cream. This snack was taken throughout the evening.

It should be noted that I used soy milk in my oatmeal. I mixed my protein powder drinks in water and never used whole milk, only soy or low fat milk. I drank plenty of water daily, about a gallon. I would also eat yogurt several times a week. I preferred to buy the plain yogurt and add whatever fresh fruit I desired.

That's about it. I would usually have a plain cheese pizza once a week, usually on Friday or Saturday evening. If I was out I would eat semi healthy conscious of a diet but not so strict I would go without or hungry.

Just before a workout I would take in a lot of water along with a piece of fruit and immediately following a workout I would take a Hi Protein drink either a liquid in a can or mix my own. I would not call this the healthiest diet but it forms the basis for what I

followed. As I have pointed out repeatedly, I modified everything all the time and stuck to no real pattern. I learned to focus on what my mind was telling me and how my body reacted to what I did. Although I don't believe there are any secrets in bodybuilding, learning to become as one and understanding your body and mind may be as close to a secret as you can get.

I either worked out around 10:00 AM or around 5:00 PM. At one point I did workout around six or seven in the morning but found I could do better mid-morning or evening. It just felt better for me and my joints could handle it a lot better. I rested only long enough between sets and exercises to catch my breath. I didn't rush it but neither did I take long extended breaks from the task at hand. On heavy days I would rest about 2 minutes between sets. On light days, no more than 1 minute and sometimes no more than 30 to 45 seconds.

Although this report focuses on the biceps and triceps only, it would be a mistake to think you could ever obtain an impressive arm without developing the shoulders and forearms. Here again though, unless you follow a solid all around full body workout program you will not obtain the results you desire. I honestly believe that chest, back, and leg work help assist the arms grow in a way far superior to simply training arms only.

Your technique in performing the movements is important. Everyone performs the same exercise a little differently. That's okay as long as you are not doing something to make the movement easier and taking the stress off the muscles you are working. Keep a good rhythm throughout the set. Don't let it become jerky. Always take a second to contract the muscle at the peak point of each rep. Doing so will make it more difficult to use heavier weights but it will add a great deal to your shape and size.

I also do not recommend doing any abdominal work on the days you work arms. I have absolutely no scientific evidence to support this fact but I have found that doing so hinders my arm training. I personally feel it constricts the blood flow. As I said, I have no proof of such but in my training have come to believe this to be the case. If you look

at the anatomy, the fact that all the blood flows to and from the heart and, ab work such as crunches constrict the region, it would seem to make sense as you are constricting the main area of blood flow. I believe it might slow down the blood flow to the arm area. Just my personal feelings and like I said, I have nothing scientific to support it.

Having the proper mental outlook is vital to a successful arm program. You must visualize your arms as you want them to become. Don't let minor or temporary setbacks discourage you. We all have them from time to time. Don't let the fact a workout did not go the way you wanted or expected it to go discourage you from making the next one the best ever. There will be good days as well as bad days. The important thing is that you stay the course and keep a positive outlook regarding your training.

Enjoy your workouts. Don't let them become a chore that you dread. I always look forward to each workout as a challenge. Me against the weights. Sometimes the weights won the battle but I would never let them win the war. I personally enjoy and would rather train alone at home. Others feel like they do better with a training partner or in a gym environment. Whatever is best for you is fine, just do it.



I always wear loose fitting clothing that is freshly laundered. I never train in my bare feet as accidents do happen. I know it is fashionable today but I also do not listen to music. I have been places where they talk more about the music being played than their workouts. When I train I concentrate and that's pretty hard to do when you have some music or someone singing in your ear. I know it sounds like I'm a dinosaur and I guess I am. I'm still hung up on the way we use to train in the 60's. It was a different time and a different place but it was fun.

There you have it, my complete program that built my arms to over 19". It's not rocket science. It worked for me and I'm sure countless others if they give it a chance. It is somewhat far and away different from what you find in the magazines and articles about training. From my first beginnings in the early 60's I tried all the different programs you read about. All contributed some success and some failure to my development. It was not until I read for the purpose of learning what others were doing and started doing what I found best for myself that results began to really show.

As I noted in the beginning, I am providing you with the information on what I did and how I did it. I am in no way suggesting one follow what I did. Over the years I have had numerous people ask me about my program and training methods for arms. Especially surprising for me, since I do not consider arms to have ever been my best body part. Instead of saying the same thing over and over and having to write it down time and time again, I decided to write this report for information purposes and share my experiences.

This report is an actual and factual account of what worked for me. I have to believe that if what is contained in this report worked successfully for me it will someone else also. If nothing else, it should provide a different direction in ones training program and offers an alternative to a present routine that may not be working.

While I personally know of and have trained with many that have arms that measure over 20", I am satisfied with the fact I was able to obtain a 19" arm without the use of steroids or other drugs. I would take a 19" non drug built arm over a 20" plus drug arm any day. I would take an 18" or 17" clean built arm over any size arm built with drugs. I know some, perhaps many would disagree with this but that's how I feel. My arm training as well as all my training was for personal improvement. Not to win titles, compete, or to strut around.

## Exercise Descriptions

It is extremely difficult to accurately describe how to perform a movement in writing. It is also difficult to fully understand how a movement should be performed with the use of pictures. The two best ways to accurately describe movements is either in person or via a video. Unfortunately neither of the two are options available with this report. When I have given seminars and talks on bodybuilding and training, I find a great amount of time and need is given to the use of proper form. Beginners as well as seasoned veterans benefit from the exchange. A little twist here a little move there makes a difference. Because we are all different, each little change can make a big difference. The best thing to do is learn the correct basic way to perform a movement and then experiment to see how you can make modifications to produce the best results for you.

**Barbell Curl.** I like to place the bar on a bench or rack on all of my biceps movements when using barbells or dumbbells so I do not have to bend over and pick it up from the floor. I recommend using a straight bar in this movement. Stand with feet about shoulder width apart. Put a firm overlapping grip on the bar with hands about shoulder width apart. Upper arms need to be stationary by your sides. Curl the bar as high as you can without moving your upper arms. Curl the wrist slightly at the beginning. At the top position flex the biceps with all your might. On the bottom do not extend your arms completely, leave the inner elbows bent just slightly so that you do not take all the resistance off the biceps.

**Alternate Standing Dumbbell Curl.** Start by having the palms of your hands facing your outer thighs. As you bring the weight up twist the wrist up and around so that at the top of the movement the outside of your little finger is pointed across your chest. As in the barbell curl keep your arms stationary by your sides and apply the instructions provided in the Barbell Curl.



**Close Grip Triceps Bench Press.** This movement is performed just like a bench press with a couple of twists. Occasionally I would use an EZ Curl bar in this movement but prefer to use a straight bar. Lie on a flat bench and take a close grip on the bar. The inside of your hands, the forefinger and thumb should be six to eight inches apart. Lower the weight to your lower chest, to a point at the Solar Plexus. Keep the elbows in, close to your sides, not out as you normally do in the bench press. Press the weight up just short of a lockout. Return and repeat.

**Lying Triceps Extension.** I always performed this movement using an EZ Curl bar. Lying on a flat bench or floor, take a close grip, approximately six inches apart and lower the weight just to the top of your head. Keeping your elbows up pointed toward the ceiling and your upper arms stationary at all times. Then extend the arms until the weight is just shy of a complete lockout.

**Close Grip EZ Curls.** Perform this movement just as you do for the barbell curls with a couple of changes. Grip the bar with the hands no more than six inches apart. Bend forward at the waist slightly and do not bend backward at anytime during the set. Keep your elbows more toward the front of your body instead of at the sides.

**Triceps Dips.** The dipping apparatus should be such that your hands are close to your body. Keep your elbows pointed back and do not allow them to swing outward. Lower yourself to a point where you feel a stretch in the triceps and then using only your triceps

press yourself back up just short of a lockout. Do not swing your body while performing this movement. Keep your head back and chin up. If you allow your elbows to swing outward and lower your head so that your chin touches your chest you will be working your chest more than your arms.

**Triceps Seated EZ Curl Extensions.** Sit erect on the end of a bench. Place your hands so they are about six inches apart. Keep your elbows pointed toward the ceiling and upper arms stationary at all times. Lower the weight behind your head as far as you can. Feel a stretch. Return the weight just short of lockout.

**Cheat Barbell Curl.** Caution this one. More times than not when a cheat movement is indicated people tend to completely throw away any form whatsoever. This is not intended or what you want to do. Start and follow the information provided in the barbell curl description. This time however, you are going to use more weight that will make it impossible for you to perform all of your reps in strict fashion. You should only employ the cheat movement for the last two maybe three reps of a set. If you have to cheat on the first or second rep the weight is too much. When you hit the point in your set that prohibits you from completing the movement, add the cheat, bend forward slightly and swing the weight up past the sticking point as you bend backward slightly. Do not bend so far backward you almost bend in two. Once you pass the sticking point make your biceps do the rest. Do not cheat completely through a rep. On the reps you cheat with, make certain you lower the weight very slowly. Much slower than on reps in which you do not cheat. Remember, excessive cheating will rob you of the gains you desire.

**Seated Dumbbell Hammers.** This movement is performed just like the alternated dumbbell curls with one big exception. You do not twist or turn your wrist at anytime during the movement. Sit on the end of a bench holding the dumbbells so that your palms are facing your outer thighs. Your thumb and forefinger should be pointed straight up as you curl the weight up while your pinky finger is down. Once at the top, squeeze your biceps as hard as you can and lower the weight slowly.



**Seated One Arm Triceps Extensions.** Position yourself at the end of a bench. Holding a dumbbell in one hand overhead lower the weight as far as you can behind your neck. Keep your upper arm tight against your head with your elbow pointed toward the ceiling. Stretch the triceps as far as you can. Return the weight back up over your head just short of lockout.

**Standing Bent Over Concentration Curl.** Stand with feet shoulder width apart and bend the waist to a 90 degree position. Place your free hand on a post, wall, rack anything for stability. With the other arm pick up a dumbbell and let your arm swing loose and away from your body. Now keep your upper arm stationary and curl the dumbbell up as high as you can. Contract the bicep hard, lower and repeat.

**Triceps Kickbacks.** Some like to do this movement while placing one knee on a bench and if that is more comfortable for you that's fine. I prefer to do them in the same position I listed for the Standing Bent Over Concentration Curl. Only I spread my legs apart at an angle so that whatever arm I am performing kickbacks with, that side's leg is extended backward. Keep the upper arm tight against your side and do not allow it to move throughout the movement. This is perhaps the only triceps exercise in which I will lock out as the stress is more on the upper tri's rather than the lower around the elbow joints.



Since I incorporated so many movements for my arms during my training, I have listed descriptions for only the ones I provided in this report. Some of the other arm movements I used were: Seated Barbell Curl, Incline Dumbbell Curls, Preacher Bench

(Scott) Curls, Spider Curls, Back To Wall Barbell and Dumbbell Curls, Cable Curls, Rope Curls, Triceps Press Downs, Long Rope Triceps Extensions, Barbell Triceps Kickbacks, Bench Dips, Reverse Press Downs, the list is endless. If it's an exercise I tried it. These are some of the movements I performed during month 4. As I indicated there, I did a variety of movements in addition to the Standing Alternate Dumbbell Curls and the Close Grip Triceps Presses.

I would encourage you to experiment just as I did. Use the opportunity to include different movements as a time to try something new and different. Always remember what works for one person may not work for another. It takes me about three or four workouts to determine if I like a movement and if it will work for me. Some can do it faster and others may take longer. Just because you read about or see someone doing an exercise don't automatically believe it will produce results for you or that you will gain the same results they have. Bodybuilding is an individual sport and every individual is different.

I sincerely hope this report provides you with information of benefit and wish you the very best on your journey to reach your goals.

## About The Author

Alan Palmieri has a diverse background. In addition to being a five term mayor he has credentials in the field of business as well as politics. He operates his own business and has held positions in corporate management. At one time the owner operator of a 30,000 square foot gym, one of the largest and best equipped in the southeast. For about two years he operated his own Karate / Self Defense studio. He wrestled professionally for a short while and worked as a bouncer and bodyguard. Over the years he has trained countless individuals and has conducted seminars and lectures on bodybuilding, as well as being the author of several published articles, courses and bodybuilding publications. He has appeared in various magazines and newsletters on bodybuilding and has appeared on TV as well as being interviewed on the radio.

He has personally trained winners of major local and state bodybuilding events, high school and college athletes and teams, professional athletes and entertainers. He has served as a judge for numerous bodybuilding events as well as promoting and holding several bodybuilding contests. He is the past State of Tennessee President of the IFBB and was awarded the prestigious IFBB Certificate of Merit.

Alan began his bodybuilding endeavors in the early 60's during what many consider bodybuilding's "Golden Era". Dave Draper was and remains the epitome of what bodybuilding is all about. Back in those days you had so many greats like Scott, Poole, Sipes, Yorton, Zane, Ortiz, Pearl, Howorth, Oliva, the introduction of Schwarzenegger and of course Draper just to name a few. No period in time saw so many greats that stood as inspiration for so many. It was a time when bodybuilders had to work, go to school and sometimes both. It was a simple time with a lot of unity. People did not understand what bodybuilding was all about. Bodybuilders were more misunderstood than understood. Times have changed.

No longer active in bodybuilding, Alan continues to receive requests for information and guidance from people concerning bodybuilding and weightlifting. He has always talked against the use of drugs and steroids in the sport and promoted natural bodybuilding.

No longer as intense or regular with his training, the following represents the measurements Alan possessed while he was active in bodybuilding. The before column are measurements before Alan began training. The after column represents measurements obtained at, what he considered was his peak.

<u>Before</u>	<u>After</u>
Height: 5'9"	Height: 5'11"
Weight: 87 lbs	Weight: 230 lbs
Neck: 11"	Neck: 19 ½"
Chest: 30"	Chest: 52"
Biceps: 7 ½"	Biceps: 19 ¼"
Waist: 26"	Waist: 34"
Thigh: 13"	Thigh: 28"
Calf: 7"	Calf: 18 ¼"

# Exercise Workout Log

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