



Arms Race

Building a Set of Guns ANY Military Force Would ENVY

By Bill Davis

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DISCLAIMER

Before undertaking any exercise or nutritional plan, seek your doctor's counsel. Get a physical check up and make sure that your heart and other vital organs are up to the task. This could include blood, heart, lung, and other vital organ testing. Be especially wary if you are diabetic, have a heart condition, high blood pressure, high cholesterol, or any other health problems.

I cannot be held responsible for your neglecting this advice.

I reiterate, TALK TO YOUR DOCTOR. Get his or her clearance before you start ANY strenuous exercise or undertake an “unconventional” diet.

You've been warned. I had to say all that to keep the lawyers, ambulance chasers, and human vultures off my back.

And another thing: I assume you know the basics about weight training. You have to know how to do basic bodybuilding exercises and you know a thing or two about bodybuilding principles and methods like supersets, High Intensity Training, forced reps, and negatives.

If you don't, it's okay. Take my **FREE** [“Bodybuilding for Beginners” eCourse](#) (delivered to your inbox) and then come back to this report.

Finally, this report can be shared via reprint, email, or file transfer. Just keep the entire report as it is right now and I won't have to resort to the lawyer route. See how everything comes down to lawyers?

PURPOSE

You're here because you want bigger arms. Also known as canons, guns, pythons, and jacks, the arms are the body part that EVERY bodybuilder wants to improve from the get-go. And the love affair with building bulging biceps and trophy triceps never seems to end.

We do curls, "skull crushers," pushdowns, presses, chin-ups, and the like. We do supersets, drop-sets, "21s," negatives, cheats, etc.

At the outset, most of us grow some pretty decent biceps and triceps. But – eventually – the gains stop and/or we want more. Here's how.

THE METHOD

If you want to expand your arm measurement by up to one-half inch in a day, you'll want to try this. Here are the "ground rules."

- Train all day long. Set aside 12 full hours.
- Train every hour on the hour. You'll only need 10 minutes (tops) per mini-workout.
- Eat 20 grams of protein every hour. Yes, you will pee a lot of it out, but you have to maximize the pre- and post-workout protein uptake. Mix up a batch of protein shake and drink immediately after your mini-workout. A tasty protein shake recipe is at the end of this program.
- Drink a LOT of water, as in 1 8 ounce glass every hour to hour and a half.
- Additionally, eat 3 "normal" meals. The only hard one will be lunch.
- **This is a one-day program. Feel free to repeat once a month.**
- Do only two exercises in your mini-workouts, one for the biceps, and the other for the triceps.
- 2 sets per exercise. You will want to vary the reps (and, of course, the weights). I'll show you more in a minute.
- Get at least 8 hours of sound, solid sleep the nights before *and* after this program.

THE PROGRAM

Time	Food	Exercises	Sets	Reps	Notes
7 am	Breakfast, high protein				Concentrate on Dairy, eggs, and beef
730 am	Protein shake				
8 am	Protein shake	Barbell Curl Tricep Press	2 2	10 10	
9 am	Protein shake	Dip Close-grip Chins up	2 2	Max Max	
10 am	Protein shake	Incline Curl Tricep Extension	2 2	12 12	
11 am	Protein shake	Pushdown Hammer Curl	2 2	6 6	
1130 am	Lunch, high protein				Concentrate on Dairy, eggs, and beef
12 pm	Protein shake	Barbell Curl Lying Extension	2 2	10 10	Perform as a superset
1 pm	Protein shake	DB Kickback Alternating DB Curl	2 2	15 15	
2 pm	Protein shake	Preacher Curl Dip	2 2	8 Max	
3 pm	Protein shake	Close-grip Bench Press Reverse Curl	2 2	10 15	

4 pm	Protein shake	Concentration Curl Pushdown	2 2	12 12	
5 pm	Protein shake	Tricep Press Barbell Curl	2 2	10 10	
6 pm	Dinner, high protein				Concentrate on Dairy, eggs, and beef

Make sure you change up your weights as your prescribed reps change. Additionally, don't try too many intensity-building principles like negatives, forced reps, or drop-sets, as doing this kind of volume over the course of a day will be enough to stimulate your arms into massive growth, all in one day.

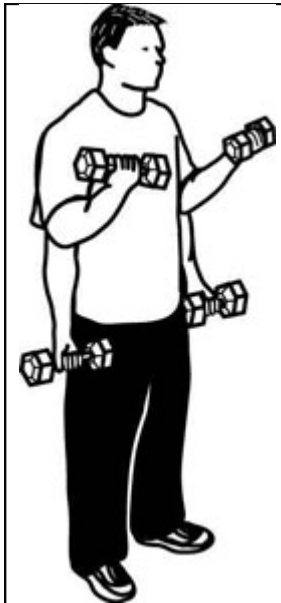
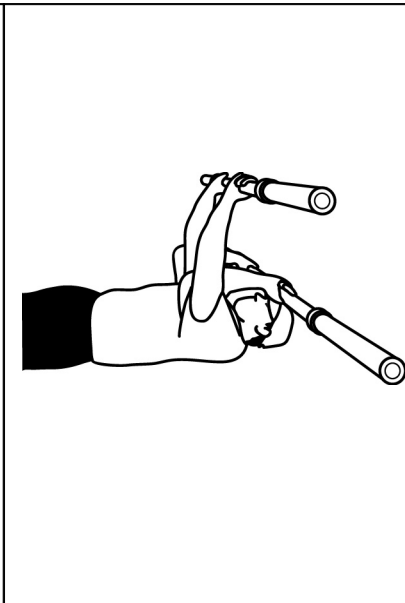
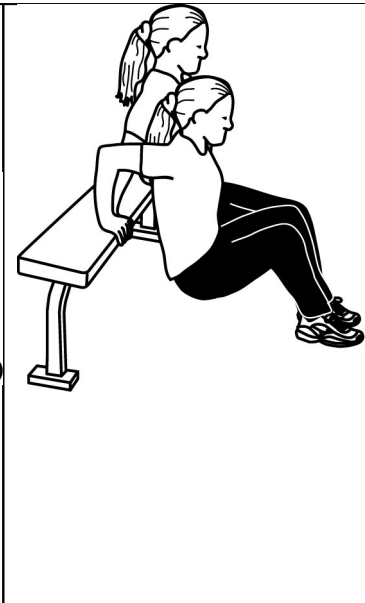
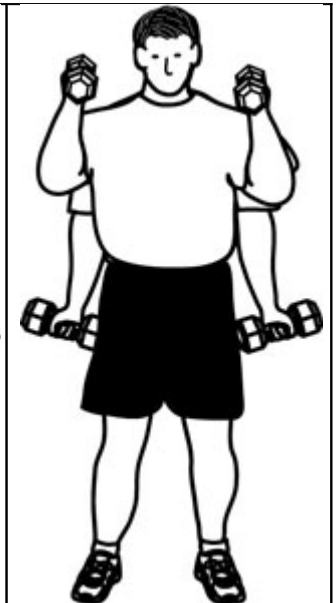
And while it may sound like "just a day," your arms should be SCREAMING at you tomorrow, and perhaps for the next several days.

Don't even try to train your arms again for 4-5 days.

REST on the day following this program. This program works great on Saturday; you can blast your arms on Saturday and rest on Sunday. Hopefully, by Monday, the pain will be manageable 😊

Next up are some exercise diagrams. All of the exercises in the program are not depicted, but the four examples will give you what you need to start out. All of the other exercises in the program are variants on these. For variety, just alternate dumbbells for barbells, lying down with standing up and sitting down, and also vary your grips (some overhand, some underhand, some twisting the wrists for bicep work, some not).

EXERCISE DIAGRAMS

			
Dumbbell Curl	Lying Extensions	Dips	Hammer Curl
Interchange with Barbell	Mix lying, seated, and standing	Can do on a dipping machine	Palms in, as if you're drinking from a can

SUPPLEMENTS

If you really want to make this program work to its MAXIMUM effect, you should take the following supplements.

- Upon rising, take in some [Arginine](#) and/or [Ornithine](#) on an empty stomach, with water or juice.
- Spread throughout the day, add 3 grams of [Creatine](#) to your protein shakes, say, at 10am, 1pm, and 4pm.
- Your protein shakes will consist of high-quality [whey protein](#) mixed with (optimally) whole milk or water.
- Take a [multi-vitamin/mineral](#) with each “normal” meal (breakfast, lunch, and dinner).
- Right before you go to sleep at night, take some more Arginine, Ornithine, and [Tryptophan](#).

PROTEIN SHAKE RECIPE

Mix up a batch of this before you begin the program. Adjust ingredients appropriately.

- 1 scoop whey protein powder
- 8 ounces whole milk
- 1 banana
- (3 times a day) 3 grams of Creatine

It's really simple and (depending, of course, on the protein powder you purchase) delicious. If you don't want to buy the powder, buy a [gallon of whole milk](#) and drink it throughout the day. Either way is fine.

Helpful hint: Chocolate milk is a VERY good post-workout drink. You can buy it pre-made at any grocery store or make some yourself. Just try to get the kind without a ton of high fructose corn syrup.

RESOURCES

Here are some helpful resources that you can refer to in your journey to building muscle.

- [The Hard Gainer's Manifesto Blog](#)
- [Muscle-Build.com](#)
- [The Muscle-Build.com Blog](#)
- [Hardgainer Tips](#)
- [Bodybuilding.com](#)

CHECK IT OUT

My buddy, the Muscle Nerd, Jeff Anderson, is about to release a new training course aimed right at the hardgainer. He calls it [Project X](#).

And don't forget my [Hardgainer Manifesto](#), where you will learn how to build muscle on ANY body, especially the really skinny dudes and dudettes.