



*A little picture for some credibility :)*

# Disclaimer

The information in this guide is intended for educational purposes. While it offers valuable insights into muscle development, it should not replace professional medical advice. Always consult a healthcare provider before starting a new fitness regimen or diet. This guide is not a substitute for medical diagnosis, treatment, or prevention of health issues.

# Introduction

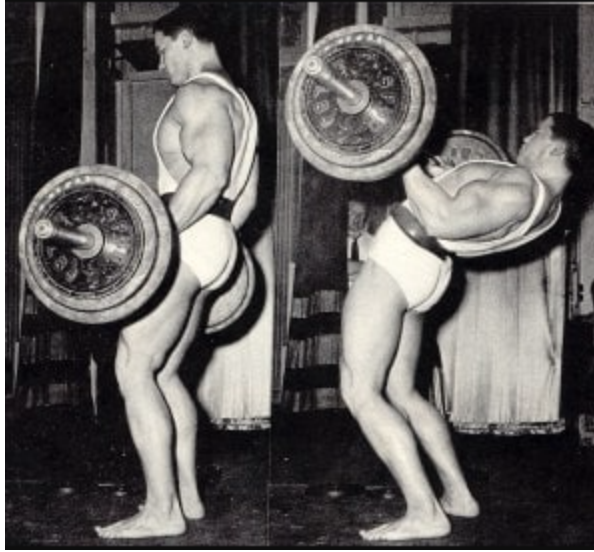
If you're aiming for that chiseled, well-rounded physique, you can't overlook the importance of biceps. Sure, triceps make up a larger portion of your arm, but biceps bring that aesthetic finish. The methods outlined here are designed for rapid yet sustainable muscle growth. While achieving Arnold Schwarzenegger-like biceps is unrealistic for natural lifters, you can still aim for full, meaty, and naturally impressive biceps.

# Realistic Expectations

Let's set the record straight: you won't become a bodybuilding legend overnight. However, you can aim to be in the top 5% of natural lifters by focusing on your biceps. It's a small muscle group, but notoriously difficult to grow, making well-developed biceps a true hallmark of dedication and effective training.

# The Methods Aren't New, But They Work

The techniques you'll find here aren't groundbreaking; they've been around since the golden era of bodybuilding. What they will do, however, is give your biceps the kind of growth that leaves you with stretch marks and a sense of accomplishment.



**Of course don't go as far back as Arnold here. A slight lean-back should be enough.**

## Who Is This Guide For?

Before diving in, make sure you have at least 6-12 months of experience with free weights. The methods described are intense and will tax your muscles and central nervous system. So, be prepared for a workout that leaves you as drained as a heavy squat session.

## How to Grow Your Arms

### **Heavy Barbell Curls**

Choose a weight that pushes you to complete only 2-3 reps. While form is important, the focus is on controlling the weight during the lowering phase. Techniques like rest-pause, negatives, and cheat curls can be beneficial. Aim for one heavy curl session per week to allow for adequate recovery.

It's best to incorporate this exercise early in your workout routine. You can make it the first exercise or perform it right after your primary lift, such as following a bench press.

### **Extreme Stretching**

This technique, inspired by Doggcrapp training, involves intense biceps stretching. Use a Smith machine or a horizontal bar for this. Perform this stretch immediately after your heavy curls to maximize the pump. Aim for a hold lasting 30-60 seconds.

See here for an demonstration on the bicep stretch: <https://youtu.be/hsvAoN0ibxM?t=298>

### **Creatine Supplementation**

Creatine is essential for this regimen. It helps in quicker ATP replenishment, thereby making you stronger during workouts. Pair it with carbs post-workout for best results. For an added boost, consider vasodilation-enhancing supplements like citrulline or agmatine.

### **The Importance of Compound Lifts**

Compound lifts like deadlifts, squats, and bench presses are crucial for muscle growth. While machines can help you learn the form, they can't replace the muscle-building efficacy of compound exercises.

## **Step-by-Step Guide to Growing Bigger Biceps**

### **Step 1: Assess Your Readiness**

Before diving into this intense regimen, ensure you have at least 6-12 months of experience with free weights. This is not a beginner's program; it's designed to tax your muscles and central nervous system heavily.

## Step 2: Gear Up

Prepare your workout space with the necessary equipment:

- A barbell (EZ bar or straight bar)
- A smith machine or a horizontal bar for stretching
- Creatine supplement
- Optional: Vasodilation-enhancing supplements like citrulline or agmatine

## Step 3: Warm-Up

Start with a 5-10 minute warm-up to get your blood flowing and prepare your muscles for the intense workout.

## Step 4: Heavy Barbell Curls

- **Select the Weight:** Choose a weight that allows you to perform only 2-3 reps.
- **Perform the Reps:** Execute 2-3 reps, focusing on controlling the weight during the lowering phase.
- **Rest and Repeat:** Take a 10-30 second rest, then repeat the reps.
- **Advanced Technique:** For those looking to push the envelope, use a weight that you can lift for just one rep and aim for 6-8 reps in total, using 10-30 seconds of rest between each rep.

## Step 5: Extreme Stretching

- **Position Yourself:** Find a smith machine or a horizontal bar and place your hands on it in a pronated grip.
- **Kneel and Stretch:** Kneel as far as you can safely go.
- **Hold the Stretch:** Aim to hold the stretch for 30-60 seconds.

## Step 6: Creatine Supplementation

- **Timing:** Take creatine immediately after your workout.
- **Pair with Carbs:** For optimal results, pair your creatine with carbs.

## Step 7: Don't Neglect Compound Lifts

Incorporate compound lifts like deadlifts, squats, and bench presses into your weekly routine. These exercises contribute to overall muscle growth and should not be overlooked.

## Step 8: Recovery

Allow at least seven days before performing another bicep-focused workout to ensure adequate recovery and muscle growth.

## Step 9: Track Your Progress

Regularly measure your biceps and note any strength gains to ensure the program's effectiveness.

**Step 10: Adjust as Needed**

If you hit a plateau or find certain program elements too easy or difficult, make the necessary adjustments to continue progressing.