



16 WEEK

ARMS

TRAINING GUIDE

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STROMUCATION

16 WEEK **ARMS** **TRAINING GUIDE**

Below is a 16 week guide to training arms. This is designed to be done once per week.

Baseline volume: 2 work sets per exercise

Set 1. This should be approximately your 12-15 rep max. I want you to take this set until you complete your last good rep (basically to the point of failure)

An example I use to best describe this is if you were bench pressing alone rack the weight when you know the bar isn't going to come up on the next rep and you'll get crushed.

Set 2. Use the same weight as set 1 and take until your last good rep

Once you have done your final good rep. That's job done. Do not think you need forced reps or partials to extend the set.

2 to 4 minutes rest between work sets is ideal. Don't start a set if you're not ready or blowing out your arse but don't sit around for too long either.

16 WEEK **ARMS** **TRAINING GUIDE**

Across the sets the reps should go down. If they don't you're either not pushing yourself hard enough in the preceding sets or you're resting too much.

Across the weeks the volume will climb. In the early stages you may shoot for around 10-12 reps for set 1.

Then as volume climbs set 1 should be as above. For the most part (unless stated) we want to be working in the 15-6 rep range.

So when volume climbs high, if you think that any set may ever drop below 6 reps. Lower the weight slightly to prevent this.

Work up to your first work set with feeder sets of 10 reps (besides a first higher rep set of 20 to 25 on the first set for a body part to get warm and push lots of blood in the muscle)

I would advise doing several feeder/warm up sets on your first exercise and then at least one when warm to feel the new movement. If you are going to have to build up to high amounts of weight do more.

Do not have the mindset that warm ups/feeders will cost you load in you work sets (they may) and will therefore result in less growth (they wont)

16 WEEK
ARMS
TRAINING GUIDE

DO NOT LOG BOOK!!! Over a period of time we want weights to increase and they will (this period of time could be months and months) Just start with your warm ups and feeders and then work from there. Do not get too obsessed about increasing it every session. Some days it may even go down a little. That is fine. As long as you are giving it all your efforts in the sets that's all you can do. Concentrate on each rep. Feel the movement where you should. Obsess over making every rep as perfect as humanly possible and over time numbers will slowly creep up.

The reps may get a little looser towards the end of a set. This is fine and needed. But still focus on making them the best as possible at that very given moment. We are looking for task failure. We don't just stop when "strict execution" breaks down a little.

Rep execution: Lift with control and purpose. Negatives should just be controlled, not mega slow. Concentric should be powerful/fast without throwing/using momentum or losing the feeling of contraction. Keep your reps continuous. Do not pause as it gets hard just so you can squeeze another rep out. The goal here is to fail. Be very disciplined with yourself. As the reps get hard just keep moving until task failure is reached.

16 WEEK
ARMS
TRAINING GUIDE

Volume changes

Week 1

Baseline volume as above

Week 2 through 10

Add 1 working set per muscle group per week. Example week 1 there is a total of 6 sets per muscle group. Week 2 would be 7, week 3 8 etc.

Week 11

On the last exercise for a muscle group add another set but adjust the weight so you will fail around 20-25 reps

Week 12

On that same last exercise the high rep set becomes a rest pause. So once you fail at 20-25 reps rest 30 seconds and go again.

Week 13

The rest pause now becomes a 3 part rest pause. But the rest periods now go to 45 seconds.

Week 14 through 16

Repeat the same process as week 11/12/13 but this time on the second to last exercise for a muscle group.

16 WEEK **ARMS** **TRAINING GUIDE**

Session exercise order

Biceps
Biceps
Biceps
Triceps
Triceps
Triceps

The above can be switched. Can do triceps before biceps or alternate between the two. Doesn't really matter and every week could be different.

Choose from the following exercises. There may be other exercises I have missed off which can be included. Where the training splits are just pick the exercises and slot them in to the template.

I would recommend doing at least one single arm exercise. And only do 1 compound for triceps. I wouldn't do dips and narrow press in the same session.

Biceps

Barbell curl
Dumbbell curl alternate/2 arms
Cable curl
Dumbbell preacher
Machine preacher
Incline curl

Triceps

Narrow press barbell/smith machine
Dips
Dip machine
Cable skullcrusher
Barbell skullcrusher
All variations press downs

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