
Bigger Arms. Tighter Abs. The Specialization Method

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Arms & Abs Specialization



Chicks dig arms & abs.

Hopefully you've had a chance to read the entire book "How To Build A Classic Physique" before you dive into this method.

If not, please do that now and then come back to this report. If you've already finished *How To Build A Classic Physique* then you know I'm a big believe in the basics.

But I also know that most guys are vain enough to want to work on those "beach muscles" a bit too.

Ah hell. I hate to admit it but I'm the same way.

So in this report I'll show you how to specialize on your arms and your abs to you can give your physique that extra boost and look great on the beach.

The Art & Science of Specialization

If you want to specialize on certain body part or muscle group, the best thing to do is to simply hammer that muscle group in question with a ton of volume for a short period of time.

I'm not just talking out of my butt here. There's actual science to back this up.

Check it out....

[Study: The effect of training volume on lower-body strength. Robbins, Marshall, McEwen.](#)

If you don't feel like slogging through the science, here's the breakdown:

Scientists took an experienced crew of weight lifters and had them squat 3x per week for six weeks. The first group did ONE set of squats to failure in each training session. The 2nd group did FOUR sets of squats to failure.

The third group did 8 SETS of squats to failure in each training session (3x per week.) After six weeks, the group that did the most work (8 sets per workout) saw the biggest gains in strength AND size.

The lesson is clear: Those who did the most work (in terms of volume) saw the biggest gains.

So we'll apply this lesson in our quest for bigger arms and tighter abs: Smoke the bodypart in question with a higher-than-normal amount of volume and then watch the “magic” happens.

The Nuts & Bolts a.k.a: The Plan

Ok, so how do we put this knowledge into practice?

Here's how it's done:

If you're following the training routine as advised in How To Build A Classic Physique you will be training 3x per week on non-consecutive days.

Monday, Wednesday and Friday, for example.

If you want to specialize on your arms, for example, you would perform 8 sets to failure on your “non-training days.”

So Monday, Wed & Friday you'd be performing your full body workouts as discussed in How To Build A Classic Physique. Then Tuesday, Thursday and Saturday you'd do 8 sets of arm work. Sunday would be a full rest day.

IMPORTANT: Only specialize on one body part at a time.

I only run specialization routines for one month. And you should only specialize on one muscle group at a time.

The key is to hammer a muscle group with a bunch volume and make it grow. You should NOT try to hammer your entire body with a bunch of volume. That will not work for natural trainers.

So pick one muscle group – biceps or triceps (NOT both), or abs and pick one exercise and get to work.

On your non-training days, you are going to do 8 sets to failure on a given exercise.

Here's an example for a trainer that wants to focus on bringing up his biceps:

Bicep Specialization Routine

Monday: Regular workout as discussed in HTBCP (How To Build A Classic Physique)

Tuesday: Barbell Curls: 8 sets of 8-10 reps. Take each set to failure. Rest 1 minute between sets. You will need to reduce the weight as you go through the sets.

Wednesday: Regular workout as discussed in HTBCP (How To Build A Classic Physique)

Thursday: Same as Tuesday.

Friday: Regular workout as discussed in HTBCP (How To Build A Classic Physique)

Saturday: Same as Tuesday.

Sunday: Rest.

You would run this routine for one month.

How about the trainee who wishes to specialize in his triceps development for one month?

That might look like this:

Tricep Specialization Routine

Monday: Regular workout as discussed in HTBCP (How To Build A Classic Physique)

Tuesday: Tricep Cable Pushdowns: 8 sets of 8-10 reps. Take each set to failure. Rest 1 minute between sets. You will need to reduce the weight as you go through the sets.

Wednesday: Regular workout as discussed in HTBCP (How To Build A Classic Physique)

Thursday: Same as Tuesday.

Friday: Regular workout as discussed in HTBCP (How To Build A Classic Physique)

Saturday: Same as Tuesday.

Sunday: Rest.

Again, run this for one month ONLY.

An Ab Specialization Routine would follow the same basic structure, but with a slightly higher rep range.

Ab Specialization Routine

Monday: Regular workout as discussed in HTBCP (How To Build A Classic Physique)

Tuesday: Weighted Crunches: 8 sets of 15-20 reps. Take each set to failure. Rest 1 minute between sets. You will need to reduce the weight as you go through the sets.

Wednesday: Regular workout as discussed in HTBCP (How To Build A Classic Physique)

Thursday: Same as Tuesday.

Friday: Regular workout as discussed in HTBCP (How To Build A Classic Physique)

Saturday: Same as Tuesday.

Sunday: Rest.

Key Point!

When running a specialization routine, you want to select ISOLATION exercises rather than compound exercises.

Compound exercises tend to work a larger portion of the body. For example, a barbell row works the bicep but also hits the back and shoulders. For that reason, a trainee who wishes to specialize on his biceps would be better served by selecting a

barbell or dumbbell curl to use for his month of specialization, rather than barbell rows, pull-ups or other compound exercises.

In that same vein, a trainee who wishes to specialize on his triceps would do best to select an exercise that isolates the triceps rather than a typical pressing exercise which will hit the triceps, chest and shoulder muscles.

Remember, we're adding this specialization routine ON TOP of your existing training schedule so we don't want to do too much.

A List Of “Approved” Exercises For Arms & Ab Specialization

Biceps

Any type of barbell curl or dumbbell curl. Can also be done with cables or machines.

Triceps

Tricep pushdowns (on the cable machine), overhead tricep extensions with a dumbbell, close grip push-ups.

Forearms

Barbell wrist curls, reverse barbell wrist curls.

Upper Abs

Weight crunches or cable crunches.

Lower Abs

Leg raises, reverse crunches or hanging leg raises.

New School Research Meets Old School Wisdom

Despite the fact that our recent research proves this method works, the old-timers already knew this was one of the best ways to specialize on a lagging muscle group.

Back in 1966, in the legendary book “The Keys to Progress” the author discusses a time he stumbled upon a guy down by a lake pumping out seated dumbbell curls in the back of his pick-up truck.

As the story goes, this man had 19 inch arms. He did regular workouts (consisting of heavy compound movements) 3x per week at his home, but had to drive out to the lake 3x per week for work.

So while he was at the lake, he'd knock out a quick arms workout on his “in-between” days. It worked back then in the '60s and this strategy still works today.

If you need/want to specialize on your arms or abs for a month, give this strategy and try and I guarantee you'll be amazed by the results.

Enjoy and don't forget to send me a note if you have any questions.

Matt Marshall

Fitness Under Oath

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Medical Advisory

The information and workout procedures provided in this guide are very intense and should not be attempted by anyone unless a doctor has cleared you for such an intense workout.

If you have any existing health problems that would prohibit you from taking part in any of these activities, you should refrain.

As always, you should clear this program with your doctor before you begin.