

# **ROCK HARD ARMS**

**The Secret to More Power and Better Health!**

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## Table of Contents

INTRODUCTION .....	4
EXERCISES .....	11
STRAIGHT BAR CURL .....	12
DUMBBELL CURL .....	13
HAMMER CURL .....	14
CONCENTRATION CURL .....	15
CABLE CURL .....	16
E-Z BAR CURL .....	17
PREACHER CURL .....	18
STRAIGHT BAR CURL .....	19
CHIN UPS .....	20
21'S .....	21
DUMBBELL CURL .....	22
SPIDER CURL .....	23
ZOTTMAN CURL .....	24
FOREARM CURL .....	25
BEHIND THE BACK FOREARM CURL .....	26
ROPE FOREARM CURL .....	27
TRICEPS PUSHDOWN .....	28
TRICEPS KICKBACKS .....	29
DIPS AND DIP-ASSIST MACHINE .....	30
SINGLE ARM CABLE TRICEPS EXTENSION .....	31
CLOSE-GRIP BENCH PRESS .....	32
CABLE INCLINE TRICEPS EXTENSION .....	33
OVERHEAD TRICEPS EXTENSION .....	34
SKULL CRUSHERS OR FRENCH CURLS .....	35
TRICEPS OR DIAMOND PUSH-UP .....	36
RESOURCES .....	37

# ROCK HARD ARMS

By John Platero *continued*

I've heard people smoking cigarettes say "everyone is going to die of something." This is true. We're all going to die, but, dying from the effects of smoking can be prevented. In smokers' minds, they believe it's their life and if they want to kill themselves that's up to them. However, they're wrong. It used to be their business, but it no longer is. Why should the rest of us have to pay for the cost of their health care bills? Our increased life spans along with the decline in physical movement and societies' lack of attention to our health is going to bankrupt the country. We're all in this together. Back pain, for example is widespread, but in many cases preventable. In fact, according to the National Institute of Neurological Disorders and Stroke, Americans spend over \$50 billion a year on back pain!

## **There are four components to any workout.**

- Flexibility
- Stabilization
- Strength
- Cardiovascular

Rock Hard Arms addresses the strength component. I will give you some background to the anatomy and hopefully dispel some of the myths or false claims. I'll then show you how to perform the exercises; you'll have to do the work.

## **Nice Guns!**

I constantly see actors, models and newscasters in sleeveless clothing with absolutely no muscles in their arms. The arms are probably the most visible body part on a person. Many people have told me one of their favorite things about a man is their "nice guns." However, I don't think it's just a male trait. I believe a nice set of guns on a woman is very sexy and appealing as well. I don't mean big arms. I mean shapely well defined arms, especially when a woman wears a strapless gown and her deltoid ties nicely into her triceps. Don't get me wrong, not everyone cares as much as I do about their health and fitness or maybe they don't have the genetics for good arms. Speaking of genetics, you'll hear about or read articles on peaks or shaping the arms. Although you can shape your arms, it's your genetics that will determine what that shape will look like. The shape of your arms has a lot to do with the length of your tendons and the shape of your muscle bellies. These are the genetics you've been dealt with.

# ROCK HARD ARMS

By John Platero *continued*

On the front side (anterior) side of the body we have the elbow flexors which consist of:

- **Biceps Brachii**
- **Brachialis**
- **Brachioradialis**
- **Wrist Flexors (there are too many to mention)**

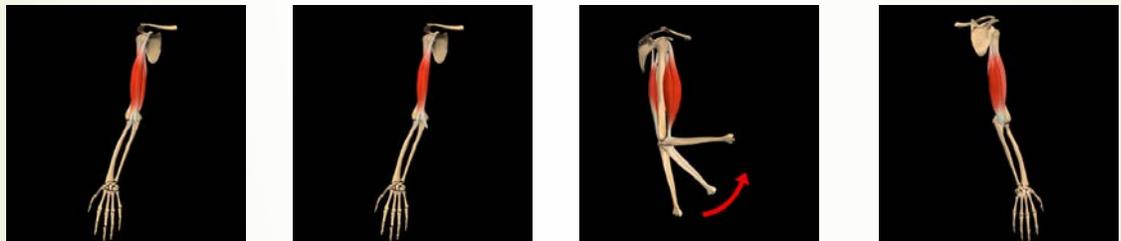
On the back side (posterior) side of the body we have the elbow extensors which consist of:

- **Triceps Brachii**
- **Anconeus**
- **Wrist extensors (there are too many to mention)**

We'll start with the muscles on the anterior or front of the body.

## Anterior Musculature

### **Biceps Brachii or the "guns."**



**Origin:** Long head: supraglenoid tubercle of the scapula. Short head: coracoids process of the scapula.

**Insertion:** Tuberosity of the radius.

**Action:** Flexes the forearm and the arm; supinates the forearm.

This muscle is the most obvious. It lies on top or in front of the humerus. It is the muscle you'll see when you ask someone to flex their biceps. Many women have long tendons so the belly of the muscle extends all the way to the elbow. When this happens you'll see less of a "peak." If you've ever seen Alex Karras playing the character "Mongo" in the movie *Blazing Saddles*, or Fred Flintstone are both good examples of someone with a short biceps tendons and a lack of peak. This biceps brachii is a two-joint muscle because it can affect or work at the shoulder and the elbow. Notice this muscle attaches to the radius and supinates the forearm. This will be important information to consider when we target this muscle later.

# ROCK HARD ARMS

By John Platero *continued*

## Training the Posterior Musculature

### Triceps Brachii



**Origin:** Long head: infraglenoid tubercle of the scapula; Lateral head: posterior surface of the humerus above the radial groove; Medial head: posterior surface of the humerus below the radial groove.

**Insertion:** Olecranon process of the ulna

**Action:** Extends the forearm; long head also extends the arm at the shoulder

These are the muscles we use when we push. Remember however, they are really pulling.

### Anconeus

**Origin:** Lateral epicondyle of the humerus

**Insertion:** Lateral surface of the olecranon process of the ulna

**Action:** Extends the forearm.

This is a tiny muscle that can't be seen.

# STRAIGHT BAR CURL



**Start:** Stand up straight with a barbell in both hands. Your hands should be slightly wider than shoulder width (about thumbs length from the ends of the knurlings on an Olympic bar).

**Action:** Keeping good upright posture and a slight bend in the knees, curl the weights upwards. Try to keep the elbows stationary at your sides. The stricter you perform this motion the more concentration you'll get on the biceps.

**Breathing:** Inhale as the bar descends and exhale as the bar ascends.



**For extra challenge:** Stand with both your heels and your back touching a wall. As you lift the weight don't lose contact with the wall.