

# All About Health

## Peak Building

### Bicep Workout

Warm up on the treadmill for 10 minutes before beginning exercise  
Stretch for at least 5 minutes

#### **Exercise One: Alternating Dumbbell Curls**

Set 1: 12 reps  
Set 2: 10 reps  
Set 3: 8 reps  
Set 4: 4-6 reps

When doing this exercise lower the weight slowly and squeeze when you get to the contracted portion of the curl. You want to control the weight not just move it. The last set is only 4 to 6 reps; we take the reps that low so that we can build strength and density in your bicep.

#### **Exercise Two: One Arm Preacher Curls**

4 sets of 10-12 reps

I tend to use a little bit quicker pace on this exercise then I do with the Alternating Dumbbell Curls. Don't jerk just move through the rep range a little bit faster. This exercise is used to pump blood into the muscle and cause lactic acid build up.

#### **Exercise Three: Cable Curl Negatives**

3 Sets of 1 rep

On this exercise you want to use the universal cable system to really tax your biceps! Put the cable in the lowest position and pick a weight that is greater then your one rep max. Pull the bar all the way up to the contracted position and then lower it as slow as you can. You should use a weight that takes you about 20 seconds to complete the one rep. If you fight as hard as you can on this one rep negative you will notice that your biceps are ready to explode.

#### **Exercise Four: EZ-Curl Bar Curls**

4 Sets of 15 reps

This is your last exercise and it will burn you out. On this exercise you are using a higher rep count to really pump up your biceps. The goal is to get as much blood flow as possible to arms on this exercise. So grit your teeth and push through reps 13, 14 and 15. Even if you are cheating a little bit these are the reps that will make your peaks grow!

This workout is intended for informational purposes only. Please consult a physician before beginning any exercise program

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## Recommended Supplements:

Pre-workout: BSN Nitrix and BSN N.O.Xplode



If you want to increase the intensity of your workout I would take N.O. Xplode and Nitrix for your Pre-Workout supplements. About 30 minutes before you train you would take 2 scoops of N.O.-Xplode with 3 Nitrix Tablets on an empty stomach. Drink the N.O.-Xplode with at least 16oz of water. This is going to do a few important things for you. First of all your level of concentration will greatly increase. Anything else, besides working out, you were thinking about will soon be an afterthought. The second thing this stack will do is increase the blood flow into your target muscles. The more blood flow the more of a pump you will get in that muscle. The ester creatine in these products will scare of lactic acid and make sure that your strength and endurance sky rocket. So get ready!

Post-Workout:IDS Multi Whey and IDS Waximaize



Right when you finish your workout I mean as your walking out of the gym you need to be drinking a serving of Waximaize! This is a carbohydrate that is absorbed much faster then dextrose so it restores glycogen levels in your muscles extremely fast. When you restore your body's glycogen levels it has a protein sparring effect. About 10 minutes after you drink your Waximaize you need to be chugging a serving of IDS Multi Pro Whey Protein. This is a Whey Protein Isolate supplement that your body will eat up and use immediately after you are done working out. Remember post-workout nutrition is so critical, do the right thing and Maximize your results.

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