



**Big Arms
in 1 month**

Guaranteed Results

How to get big arms fast

Want those elusive “big arms”? Women love a man with big, defined, hard arms and men look up to a guy who has a decent set of “guns”.

Have you been trying to get your arms bigger and you just don't seem to? Do you want to have the arms that command respect? Here's your chance with LA Muscle's exclusive **Big Arms in 1 Month supplements** combined with this exclusive guide.

2 Phase approach to rapidly building big arms

Most people incorporate arm workouts in every session at the gym. Whilst this can define and build some muscles, it is not the most effective way of building arm muscles, especially if you have hit a plateau or your arms have stopped growing.

The “arm” consists of the biceps, triceps, brachialis and forearms. You need to work these 4 parts in equal measure to have a big symmetrical set of guns that stand out a mile!

The 2 Phase approach to arm development is a strategic, scientific approach to building your arms that targets the mass development of the arms first, ensuring that they have no chance of not growing! It then focuses on defining the new mass.

With the mass building phase, the first 3 weeks are spent bulking up and building bulk. The final 4th week is spent purely on defining the arms.

In Phase 1, you will actually not concentrate on the arms at all! You will be working out the rest of your body with big, heavy, compound movements to build size and strength and you will find that your arms will just grow alongside this regime.

In Phase 2, you will concentrate on over-stimulating the arms and getting them to come out of their lazy state and get bigger, harder and more defined.

The LA Muscle supplements which come with this program have been specifically designed to super-charge this arm building process and will ensure maximum gains in minimum time. They are an integral part of this regime and you must stick to the instructions given further down...





Phase 1:

First 3 weeks

Phase 1 is about getting your arms as big as possible. This will be achieved as a “incidental” part of training the rest of your body! If you are benching 20-30kgs more in a month, your triceps are bound to be bigger.

You will be doing no cardio or extra activities in this 1 month program. Your entire concentration will be on utilizing every available calorie for building up your arms.

Your weight training for Phase 1 will be as hard and heavy as you can go for 8 reps, good form, full range of motion. Choose a weight that you are comfortable doing 8 reps with, even if the final reps are hard or you need the assistance of a training partner to complete them.

The aim for Phase 1 is to increase your strength and the weights you are pushing by as much as possible. What will happen is that your body will get bigger on the core

movements and along the way, your arms will get much bigger.

Your workout does not need to last for hours to get results. Bear in mind that male hormone levels usually decline after about 20 minutes and after 45 minutes you are not really getting any more benefits from weight training. So the key is hard, heavy and intense i.e. most + heaviest weights in the quickest time.

It is imperative for you to remember that every week and on each and every exercise you must increase the weight. The split routine and the rest days will mean you will have enough recuperation time to come back stronger at each session. This is also the reason why you are advised not to do too much other activities which may make your body weak and tired.

Phase 1: Training

Let's start with the weight training program:

Weeks 1, 2 and 3

Monday: Chest and Shoulders

Wide Grip Bench Press: 3 x 8 reps
Inclined Bench Press: 3 x 8 reps
Declined Bench Press: 3 x 8 reps
Overhead Shoulder Press: 3 x 8 reps

Tuesday: Rest day.

Wednesday: Back

Barbell Bent Over Rows: 3 x 8 reps
Deadlift: 3 x 8 reps
Chins: 3 x 8 reps
Lat pulldowns: 3 x 8 reps
Shrugs: 3 x 8 reps

Thursday: Rest.



Friday: Legs

The Squat: 4 x 8 reps
Hamstring Curls: 3 x 8 reps
Leg Extensions: 3 x 8 reps

Saturday: Rest

Sunday: Rest

Phase 2: 4th Week Training

Monday: Triceps



Triceps Pushdown: 3 x 8 reps
Close Grip Bench Press: 3 x 8 reps
Overhead Dumbbell Triceps Extensions: 3 x 8 reps
Triceps Kickbacks: 3 x 8 reps
Dips: 4 x 8 reps

Tuesday: Rest

Wednesday: Biceps

Barbell Bicep Curls: 3 x 8 reps
Dumbbell Bicep Curls: 3 x 8 reps
Dumbbell Hammer Curls: 3 x 8 reps
Preacher Curls: 3 x 8 reps

Thursday: Rest

Friday: Triceps

Triceps Pushdown: 3 x 8 reps
Close Grip Bench Press: 3 x 8 reps
Overhead Dumbbell Triceps Extensions: 3 x 8 reps
Triceps Kickbacks: 3 x 8 reps
Dips: 4 x 8 reps

Saturday: Rest

Sunday: Biceps

Barbell Bicep Curls: 3 x 8 reps
Dumbbell Bicep Curls: 3 x 8 reps
Dumbbell Hammer Curls: 3 x 8 reps
Preacher Curls: 3 x 8 reps



LA Muscle

Big arms in 1 month

How to take the supplements

For this Big arms in 1 month supplements program, please follow the instructions below, as opposed to what is on each tub.

Vasculator

Vasculator is a very strong product that makes your muscles more receptive and much bigger whilst working out. Taking Vasculator prior to working out will not only get you bigger in that instance (of taking), it will also ensure you are much more muscular and “look” bigger outside of the gym too. Vasculator will give your arms that “pumped up” look.

On training days, take 4 capsules 20-30 minutes before training. No need to take it on rest days.



Explosive Creatine

Explosive Creatine is a strong multi-action super-supplement that will dramatically increase your strength, give you more energy and stamina and increase your muscles.

Explosive Creatine will get your arms much much bigger in just 1 month – this is a guarantee.

On training days, take 1 scoop with water about 20 minutes before training. Take another scoop within 30 minutes after training.

On non-training days, take 1 scoop in the morning.



Norateen Heavwyeight II

Undoubtedly the strongest muscle and strength builder currently available, Norateen Hevayweight II is powerful and 100 % natural and safe. This incredible award-winning supplement will increase your strength by so much that you will not believe something natural can be this strong! With added strength comes bigger lifts and more muscles. Norateen Heavyweight II is an amazing supplement for getting your arms to get very strong and start looking like a big man's arms.

Take 2 capsules, 3 times a day, every day. On training days, you can take 2 capsules 15 minutes before training and 2 capsules within 30 minutes after finishing your workouts. You can take the remaining 2 at any other time.



LA Whey

LA Whey is THE protein to take if you are serious about building muscles, fast. This incredible premium protein powder has been voted as "Best for hard gainers" by Men's Health Supplements Awards and it really packs a punch.

Taking LA Whey at crucial times in addition to having a healthy, high protein diet will mean that you enjoy building more muscles whilst making sure your body doesn't go into catabolism, which is where your body starts eating its own muscles when it runs out of protein.

On training days, take 1-2 scoops within 30 minutes after training and 1-2 scoops before sleep. Non training days, take 1 -2 scoops upon waking up and 1-2 before sleep.



Diet & Nutrition

What to eat

If you want to have big arms and look like the guys you see with huge arms, you need to eat like them. **“Eat like a bird, look like a bird!!!”**

Upon waking up: LA Whey protein shake

Breakfast: Porridge, 2-3 toasts, 3-4 eggs, tea or coffee

Mid morning: LA Whey protein shake + banana

Lunch: Steak or lean burger or fish or chicken or turkey AND pasta or potatoes or rice AND salad AND vegetables AND water

Mid afternoon: LA Whey protein shake + banana

Dinner: Same as lunch

Before sleep: LA Whey protein shake

What not to eat

No junk foods.

No foods full of saturated fats.

No pastry, chocolate, sweets.

Nothing that gives you a quick sugar rush.

Cut down on caffeine.

What to drink/not drink

You need to drink around a glass of water every 30-60 minutes.

No alcohol at all.

No fizzy sugary drinks.

Carrying on past the 1st month

The above Phase 1 and Phase 2 along with LA Muscle’s specialist Big Arms supplements will give you much bigger arms in just 1 month. They also set the scene for you to carry on with the program if you want, for another 1-2 months to get your arms even bigger. After a maximum of 3 months on the program, you should take a rest and go back to a different routine.

