



Essential guide to building massive arms, fast.

Stage 1: Massive arms in 2 months

The real secrets: How to add 2" to your arms

Below is a sure-fire way of adding at least 2 inches to your arms in 2 months. It is a 2 stage process: stage 1, putting some bulk and stage 2, adding more size and definition.

Stage 1

This is the heavy, compound movements stage, where you just add size to your overall body and not worry about arm size. Follow this for 1 month.

Monday

Chest
Bench Press: 3 x 8 reps
Bench Press - 3 x 8 reps Incline
Bench Press - 3 x 8 reps Decline
Declined Bench Press (Always maximum weight on all exercises - using good form i.e. full contraction, full stretch - don't cheat)

Dips: 3 x 8 reps. If you can do more than 8, then add weight to your body.

Shoulders
Overhead Press: 3 x 8 reps
Shrugs: 3 x 8 reps

Tuesday

Rest. Eat. Sleep.

Wednesday

Back
Barbell Rows: 3 x 8 reps
Dumbbell Rows: 3 x 8 reps
Chins: 3 x 8 reps (of you can do more, add weight to your body)
Deadlift: 3 x 8 reps

Thursday

Rest. Eat. Sleep.

Friday or Saturday

Legs

Squat: 3 x 8 reps
Hamstring curls: 3 x 8 reps or stiff-legged deadlift: 3 x 8 reps
Calf Raises: 3 x 15 reps

Sunday

Rest. Eat. Sleep.

Stage 1 is all about getting your body as big as possible. You don't worry about building your arms specifically as they will grow anyway.

Follow stage 1 for 1 full month, not missing any exercises and aiming to always add more weight to each exercise every week. You must add more weight even if it is just 1 kg more. Try and add as much as possible each week without injuring yourself. Always warm up and use good form.

Big arms: Stage 2

Definition and mass

Stage 2

You follow the same as above for another month but you add the following to each day:

Monday

Triceps
Close Grip Bench Press: 3 x 8 reps
Triceps Pushdown: 3 x 8 reps
Triceps Kickbacks: 3 x 8 reps

Wednesday

Biceps
Barbell Curls: 3 x 8 reps
Dumbbell Curls: 3 x 8 reps
Hammer Curls: 3 x 8 reps

Diet and supplements regime

To really grow your arms, you must ensure that you have a constant flow of protein in your system. Any even minute lack of protein can mean your body starts eating its own muscles for fuel and can set you back.

Make sure you eat lots of protein rich foods with each meal: lean meats, fish, eggs, dairy. You must also supplement with a high grade whey protein supplement such as **LA Whey**. Make a shake 3 times a day and sip it during the day. This will ensure a constant and steady stream of protein being delivered to your body.

Also take a strong supplement like **Norateen Heavyweight II** to increase your strength so you

can push more weight and get bigger arms. Norateen also builds up your arms.

Here is a typical day's regime:

Upon waking up: LA Whey

Breakfast: 3-4 eggs, 2-3 toast, porridge, coffee or tea, grapefruit juice
2 x Norateen Heavyweight II capsules

Mid morning: 1 x banana
LA Whey Shake

Lunch: Lean meats or fish + Pasta/potatoes or rice + vegetables & salad
2 x Norateen Heavyweight II capsules

Mid afternoon: 1 x banana
LA Whey Shake

Dinner: Lean meats or fish + Pasta/potatoes/ rice + vegetables & salad
2 x Norateen Heavyweight II capsules

Before sleep:
LA Whey shake

Supplements:

2 x **Norateen Heavyweight II** (2 months supply)

2 x **LA Whey 2.2kg** tubs

For even more muscle and much bigger arms, add:

4 x **Explosive Creatine** (2 months supply) -
Take once in the morning, once in the evening.

More tips & secrets:

Drink plenty of water during the day.
Don't drink alcohol.
Sleep 8-11 hours a night.
Don't get stressed - try and avoid stress. If you have too much stress, take LA Muscle's **Sculpt** to protect your muscles from stress.

