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30 DAY BEGINNER

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SHORTCUT-TO-SHRED

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ARNOLD'S BLUEPRINT

BIG MAN ON CAMPUS

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Big Man On Campus: Week 1, Day 1

By Contributing Writer

Last updated: Oct 06, 2015

Become the Big Man on Campus. Jumpstart your growth with a mass-building chest and triceps workout.

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Maybe there's a girl you want to impress, or you're ready to put "skinny kid" in your rearview. Maybe you need extra size for your sport, or you're just eager to learn and lift for life. Whatever your motivation, I'll help you become Big Man on Campus.

0

Today's chest and triceps workout will introduce you to hard work and heavy weight. You'll get to know big dumbbells and short rest periods. After this training session, your chest and triceps will be so pumped you'll have trouble removing your shirt.

BIG MAN ON CAMPUS CHEST, SHOULDERS & TRICEPS! WATCH THE VIDEO - 15:54

COMMUNITY ACTIVITY

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Goal Setting 101

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Week 1

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DTP TRAINER
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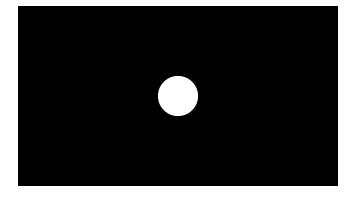
30 DAYS OUT

7 DAY BEGINNER TRAINER

POWER BODYBUILDING

ARNOLD'S BLUEPRINT TO CUT

AMP



Day 1: Chest, Triceps and Abs

Cardio Warm-up

Running, Treadmill

5 minutes



2

Incline Dumbbell Press

1 Warm-up Set: 8-12 reps, 3 sets of 8-12 reps, 60-90 seconds rest. 1 mixed-grip drop set on final set: 21 reps





3

Incline Dumbbell Flyes

3 sets of 8-12 reps, 30-60 seconds rest, Drop set on final set

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4

Flat Dumbbell Press

4 sets of 6-10 reps, 60-90 seconds rest





Superset

5

Dips - Chest Version

3 sets of failure





Pushups

3 sets to failure, 30 seconds rest between supersets





Superset

6

EZ-Bar Skullcrusher

1 Warm-up Set: 8-12 reps 3 sets of 12-16 reps





Close-Grip Barbell Bench Press

1 Warm-up Set: 8-12 reps 3 sets of 12-16 reps, 60 seconds rest between supersets





7

Triceps Pushdown

3 sets of 12-16 reps, 30 seconds rest





8

Overhead Dumbbell Triceps Extension

Quadruple drop set to failure, No rest



Abs: 4 rounds, no rest between sets

9

Hanging Leg Raise

1 set to failure



10

Exercise Ball Crunch

1 set to failure



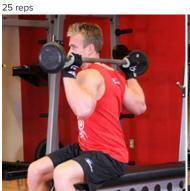
11

Decline Reverse Crunch

1 set to failure



12 Broom stick twist (shown with Seated Barbell Twist)







Bigger Man Tips

Everything I do is based on progression. To get bigger and stronger, you have to add weight, decrease rest time and focus up. Get pumped and don't let your form get sloppy. Don't cheat yourself of great results. Increase weight every time you can over the next 12 weeks.

MENTAL GAME

Get motivated every day. You can't walk into the gym if you're not ready to work. You need to prepare yourself to go through hell. This isn't going to be easy, but guess what: Life and college aren't always easy.



What you learn in the gym each day is something you can transfer to your school studies and the rest of your life. You need discipline and focus because you'll be pushed to your limits. As soon as you step foot in the gym, it's all business—that's the only way to succeed.

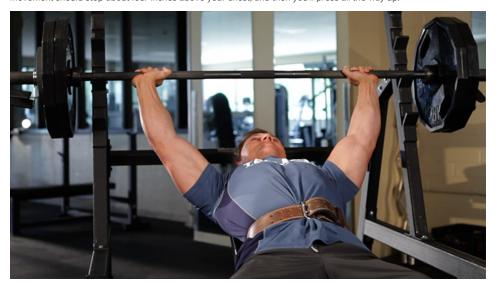
Exercise Tips

INCLINE PRESS

After the fourth set, immediately strip some weight and move into a dropset to take this exercise beyond momentary muscle failure. Do 21 reps, switching your hand positions after every seven reps.

Do seven reps with a close grip, seven with a medium grip and seven with a wide grip. Changing your hand position will isolate different areas of the chest.

In order to save my shoulders, I don't bring the bar all the way to my chest on the way down. The downward movement should stop about four inches above your chest, and then you'll press all the way up.



INCLINE FLYE

I do two incline exercises because I have a weak upper chest. It's my weakness, so I use the priority principle to attack my weak spots first. Back-to-back incline exercises might feel weird at first, but in a couple weeks, you'll be thanking me.

As you do the movement, don't touch the dumbbells together at the top. You want to keep constant tension on the chest—all the way down and all the way up. When you do your final drop set, do it without rest. You want to force that blood into your chest.

DUMBBELL PRESS

The dumbbell press builds mass and adds thickness to the middle chest. It's a compound exercise, so you'll be resting 60-to-90 seconds. Because we're doing a lot of chest work today, you might have to use lighter weight than you're used to pressing. Don't let that bother you.

Don't let your form suffer when you add weight. Keep your chest expanded and your elbows tight. You don't want your anterior delts or triceps to start taking over the move.

CHEST DIP AND PUSH-UP

Jump on the parallel bars or dip machine. Lean forward so that your chest is over your knees. This is your starting position. As you come down, your chest should be stressed and there shouldn't be any stress on your triceps. Raise up by squeezing your chest. It should feel almost like a flye movement.



Watch the video: My push-ups may look strange, but they're great for getting a massive pump. Act like you're going into a yoga downward dog and walk your feet in. Rock forward and then push back. This intense superset is what separates the contenders from the pretenders.

SKULL CRUSHER AND CLOSE-GRIP BENCH

I train chest and triceps together because you work your triceps as a secondary muscle when you hit your chest.

Generally, pushing motions involve both the chest and the triceps. This superset is sure to blast your triceps right off the bat.

When you rest, grab a drink, flex, stretch, and keep your eye on the clock. Sixty seconds goes by quickly. Don't rest any longer than necessary. You're almost to the end of this workout, so push with everything you've got. Your future, bigger self will thank you.

TRICEPS PUSHDOWN

For pure triceps extension, don't engage your shoulders and keep your elbows down by your sides. If you're like me and have an area of your triceps that needs some extra work, try partial movements to force more blood into the muscle.

DUMBBELL EXTENSION

Don't rest during this dumbbell extension bomb. You'll perform drop set after drop set. If you can't move your arms, you know this quadruple finisher is working. Your arms should be torched. If you need a little help drinking your protein shake, don't hesitate to ask a buddy.





Big Man On Campus Beginner Stack

Your Get-Big Foundation! Build more muscle with these building blocks! GO NOW!

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