

A black and white photograph of a muscular man from the waist up. He is wearing a dark t-shirt with a red 'R' logo on the chest, a matching baseball cap, and a dog tag necklace. He is flexing his forearms, which are prominently displayed in the foreground. The background is blurred, showing what appears to be a gym setting.

FOREARM HYPERSTROPHY PROGRAM

JEFF NIPPARD



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ABOUT ME

Jeff is a professional drug-free bodybuilder and powerlifter. He earned the title of Mr. Junior Canada for natural bodybuilding in 2012 and as a powerlifter, Jeff held the Canadian national record for the bench press in 2014. As a powerlifter, Jeff has claimed a 502 lb squat, 336 lb bench press and a 518 lb deadlift with an all time best Wilks score of 446.

With a Bachelor of Science degree in biochemistry, Jeff has gathered the requisite scientific knowledge to compliment his practical experience acquired through training and coaching. Jeff has coached women's bikini and men's bodybuilding national and provincial champions, professional natural bodybuilders and nationally and IPF Worlds qualified raw powerlifters. He has presented seminars on Block Periodization and concurrent training and nutrition and training for natural bodybuilding in academic settings including the 2014 Online Fitness Summit and at the University of Iowa. Jeff has recorded in-depth interviews with some of the best in the business including Eric Helms, Layne Norton, Mike Israetel, Menno Henselmans, and others on his podcast. Previously, Jeff was enrolled in the Doctor of Dental Surgery program at Dalhousie University where he completed two years of the program before deciding to instead pursue a career where his passions lie. He has aspirations of completing a PhD in exercise science or a related field.

Through his informative and entertaining Youtube channel which has gathered a fan-base of over 300,000 subscribers, Jeff aims to share the knowledge he has gathered through university education and field experience with others who are passionate about the science behind building muscle, losing fat and getting healthier.

Jeff currently lives in Kelowna, Canada where he is producing informative YouTube content and coaching athletes while preparing for his next competition season in natural bodybuilding in 2018.



KEY TERMS

DB: DUMBBELL

EMG: ELECTROMYOGRAPHY

MVC: MAXIMUM VOLUNTARY CONTRACTION

PROGRESSIVE OVERLOAD: THE GRADUAL INCREASE OF STRESS PLACED UPON THE BODY DURING EXERCISE TRAINING

ROM: RANGE OF MOTION

RPE: RATE OF PERCEIVED EXERTION

TEMPO: THE SPEED AT WHICH THE LIFT OCCURS. TEMPO NOTATION IS GIVEN AS FOLLOWS: 4:3:2:1 WOULD MEAN A 4 SECOND ECCENTRIC, 3 SECOND PAUSE AT THE BOTTOM, 2 SECOND CONCENTRIC AND 1 SECOND PAUSE AT THE TOP. THE MOST COMMON TEMPO IN THIS PROGRAM IS 2:0:1:0.



FAQS

1. What if I am still sore? Should I train or take another rest day?

A: Training sore is fine unless it puts you at an increased risk of injury. If you're having a difficult time getting into position or completing a full ROM due to pain, do not train. Otherwise, still train but be sure to perform a slightly longer warm up than usual. Use your own discretion to avoid injury but training sore will not impair gains in and of itself.

2. If the RPE increases across sets, should I drop the weight back?

A: If you hit failure prematurely, drop the weight back. Otherwise, select the weight as appropriate to hit the RPE for each set.

3. Why such little exercise variation from week to week?

A: Changing exercises from week to week is more likely to flatten out the progression curve. They do change slightly week to week and from Block 1 to Block 2, but the bulk of the program maintains the same exercise selection. This is to ensure progression by adding volume incrementally to these specific movements.

Please direct all other questions to info@strcng.com.

BLOCK
1

FOREARM HYPERTROPHY PROGRAM : WEEK 1

STRENGTH FOCUS

DAY 1	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
HEAVY BARBELL HOLDS	2	HOLD	20 SEC	8	40 SEC					CHOOSE HEAVY WEIGHT THAT NEARLY FAILS AT TIME GIVEN, USE CHALK IF NEEDED
DUMBBELL BENCH-BRACED WRIST CURL	2	10-12	-	8	30 SEC					USE THUMBLESS GRIP, ALLOW DUMBBELL TO "ROLL" OUT INTO FINGERS AND CURL IT BACK
STANDING DUMBBELL WRIST EXTENSION	2	10-12	-	8	30 SEC					HOLD DUMBBELLS AT SIDES, AND ROTATE THE WRISTS "OUT", AVOID MOMENTUM
REVERSE GRIP BARBELL CURL*	2	10+5	-	9	1 MIN					USE THUMBLESS GRIP, DO 10 FULL ROM, 5 TOP HALF ROM TO FINISH EACH SET

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME: **HYPERTROPHY FOCUS**

DAY 2	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
BEHIND-THE-BACK DUMBBELL WRIST CURL	2	10-12	-	8	1 min					PLACE BARBELL BEHIND YOUR BACK AND PERFORM CURLS WITH THE PALMS FACING BEHIND YOU
DUMBBELL BENCH-BRACED WRIST EXTENSION	2	12-15	-	8	1 min					USE THUMBLESS GRIP, SHORT RANGE OF MOTION, MIND MUSCLE CONNECTION WITH POSTERIOR FOREARM
PLATE PINCH	2	HOLD	MAX HOLD	10	1 min					PINCH 1-2 10 LB PLATES FOR AS LONG AS POSSIBLE FOR A MAX HOLD OF UP TO 1 MINUTE, ADD A 3RD PLATE ONCE 1 MINUTE IS REACHED WITH 2

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME: **METABOLIC FOCUS**

DAY 3	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
FARMER'S WALKS	2	HOLD	MAX STRIDES	10	1.5 MIN					HOLD 1 HEAVY DUMBBELL IN EACH HAND AND PERFORM STRIDES UNTIL GRIP FAILS (INCREASE WEIGHT BY 40-50 TOTAL STRIDES)
DUMBBELL BENCH-BRACED WRIST CURL	2	15-20	-	8	1 MIN					USE THUMBLESS GRIP, ALLOW DUMBBELL TO "ROLL" OUT INTO FINGERS AND CURL IT BACK
REVERSE GRIP PEACHER EZ BAR CURL	2	15-20	-	8	1 MIN					USE THUMBLESS GRIP, REST BACK OF ARMS ON PREACHER MACHINE

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

WEEKLY VOLUME 20

BLOCK**1**

FOREARM HYPERTROPHY PROGRAM : WEEK 2

STRENGTH FOCUS

DAY 1	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
HEAVY BARBELL HOLDS	2	HOLD	20 SEC	8	40 SEC					CHOOSE HEAVY WEIGHT THAT NEARLY FAILS AT TIME GIVEN, USE CHALK IF NEEDED
DUMBBELL BENCH-BRACED WRIST CURL	2	10-12	-	8	30 SEC					USE THUMBLESS GRIP, ALLOW DUMBBELL TO "ROLL" OUT INTO FINGERS AND CURL IT BACK
STANDING DUMBBELL WRIST EXTENSION	2	10-12	-	8	30 SEC					HOLD DUMBBELLS AT SIDES, AND ROTATE THE WRISTS "OUT", AVOID MOMENTUM
REVERSE GRIP BARBELL CURL*	2	10+5	-	9	1 MIN					USE THUMBLESS GRIP, DO 10 FULL ROM, 5 TOP HALF ROM TO FINISH EACH SET

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

HYPERTROPHY FOCUS

DAY 2	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
BEHIND-THE-BACK DUMBBELL WRIST CURL	2	10-12	-	8	1 MIN					PLACE BARBELL BEHIND YOUR BACK AND PERFORM CURLS WITH THE PALMS FACING BEHIND YOU
DUMBBELL BENCH-BRACED WRIST EXTENSION	2	12-15	-	8	1 MIN					USE THUMBLESS GRIP, SHORT RANGE OF MOTION, MIND MUSCLE CONNECTION WITH POSTERIOR FOREARM
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*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

METABOLIC FOCUS

DAY 3	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
FARMER'S WALKS	2	HOLD	MAX STRIDES	10	1.5 MIN					HOLD 1 HEAVY DUMBBELL IN EACH HAND AND PERFORM STRIDES UNTIL GRIP FAILS (INCREASE WEIGHT BY 40-50 TOTAL STRIDES)
DUMBBELL BENCH-BRACED WRIST CURL	2	15-20	-	8	1 MIN					USE THUMBLESS GRIP, ALLOW DUMBBELL TO "ROLL" OUT INTO FINGERS AND CURL IT BACK
REVERSE GRIP PEACHER EZ BAR CURL	2	15-20	-	8	1 MIN					USE THUMBLESS GRIP, REST BACK OF ARMS ON PREACHER MACHINE

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

WEEKLY VOLUME 20

BLOCK
1

FOREARM HYPERTROPHY PROGRAM : WEEK 3

STRENGTH FOCUS

DAY 1	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
HEAVY BARBELL HOLDS	2	HOLD	20 SEC	8	40 SEC					CHOOSE HEAVY WEIGHT THAT NEARLY FAILS AT TIME GIVEN, USE CHALK IF NEEDED
DUMBBELL BENCH-BRACED WRIST CURL	3	10-12	-	8	30 SEC					USE THUMBLESS GRIP, ALLOW DUMBBELL TO "ROLL" OUT INTO FINGERS AND CURL IT BACK
STANDING DUMBBELL WRIST EXTENSION	3	10-12	-	8	30 SEC					HOLD DUMBBELLS AT SIDES, AND ROTATE THE WRISTS "OUT", AVOID MOMENTUM
REVERSE GRIP BARBELL CURL*	3	10+5	-	9	1 MIN					USE THUMBLESS GRIP, DO 10 FULL ROM, 5 TOP HALF ROM TO FINISH EACH SET

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

HYPERTROPHY FOCUS

DAY 2	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
BEHIND-THE-BACK DUMBBELL WRIST CURL	2	10-12	-	8	1 MIN					PLACE BARBELL BEHIND YOUR BACK AND PERFORM CURLS WITH THE PALMS FACING BEHIND YOU
DUMBBELL BENCH-BRACED WRIST EXTENSION	2	12-15	-	8	1 MIN					USE THUMBLESS GRIP, SHORT RANGE OF MOTION, MIND MUSCLE CONNECTION WITH POSTERIOR FOREARM
PLATE PINCH	2	HOLD	MAX HOLD	10	1 MIN					PINCH 1-2 10 LB PLATES FOR AS LONG AS POSSIBLE FOR A MAX HOLD OF UP TO 1 MINUTE, ADD A 3RD PLATE ONCE 1 MINUTE IS REACHED WITH 2

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

METABOLIC FOCUS

DAY 3	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
FARMER'S WALKS	2	HOLD	MAX STRIDES	10	1.5 MIN					HOLD 1 HEAVY DUMBBELL IN EACH HAND AND PERFORM STRIDES UNTIL GRIP FAILS (INCREASE WEIGHT BY 40-50 TOTAL STRIDES)
DUMBBELL BENCH-BRACED WRIST CURL	2	15-20	-	8	1 MIN					USE THUMBLESS GRIP, ALLOW DUMBBELL TO "ROLL" OUT INTO FINGERS AND CURL IT BACK
REVERSE GRIP PEACHER EZ BAR CURL	2	15-20	-	8	1 MIN					USE THUMBLESS GRIP, REST BACK OF ARMS ON PREACHER MACHINE

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

WEEKLY VOLUME 23

BLOCK
1

FOREARM HYPERTROPHY PROGRAM : WEEK 4

STRENGTH FOCUS

DAY 1	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
HEAVY BARBELL HOLDS	2	HOLD	20 SEC	8	40 SEC					CHOOSE HEAVY WEIGHT THAT NEARLY FAILS AT TIME GIVEN, USE CHALK IF NEEDED
DUMBBELL BENCH-BRACED WRIST CURL	3	10-12	-	8	30 SEC					USE THUMBLESS GRIP, ALLOW DUMBBELL TO "ROLL" OUT INTO FINGERS AND CURL IT BACK
STANDING DUMBBELL WRIST EXTENSION	3	10-12	-	8	30 SEC					HOLD DUMBBELLS AT SIDES, AND ROTATE THE WRISTS "OUT", AVOID MOMENTUM
REVERSE GRIP BARBELL CURL*	3	10+5	-	9	1 MIN					USE THUMBLESS GRIP, DO 10 FULL ROM, 5 TOP HALF ROM TO FINISH EACH SET

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME: **HYPERTROPHY FOCUS**

DAY 2	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
BEHIND-THE-BACK DUMBBELL WRIST CURL	2	10-12	-	8	1 MIN					PLACE BARBELL BEHIND YOUR BACK AND PERFORM CURLS WITH THE PALMS FACING BEHIND YOU
DUMBBELL BENCH-BRACED WRIST EXTENSION	2	12-15	-	8	1 MIN					USE THUMBLESS GRIP, SHORT RANGE OF MOTION, MIND MUSCLE CONNECTION WITH POSTERIOR FOREARM
PLATE PINCH	2	HOLD	MAX HOLD	10	1 MIN					PINCH 1-2 10 LB PLATES FOR AS LONG AS POSSIBLE FOR A MAX HOLD OF UP TO 1 MINUTE, ADD A 3RD PLATE ONCE 1 MINUTE IS REACHED WITH 2

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME: **METABOLIC FOCUS**

DAY 3	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
FARMER'S WALKS	2	HOLD	MAX STRIDES	10	1.5 MIN					HOLD 1 HEAVY DUMBBELL IN EACH HAND AND PERFORM STRIDES UNTIL GRIP FAILS (INCREASE WEIGHT BY 40-50 TOTAL STRIDES)
DUMBBELL BENCH-BRACED WRIST CURL	2	15-20	-	8	1 MIN					USE THUMBLESS GRIP, ALLOW DUMBBELL TO "ROLL" OUT INTO FINGERS AND CURL IT BACK
REVERSE GRIP PEACHER EZ BAR CURL	2	15-20	-	8	1 MIN					USE THUMBLESS GRIP, REST BACK OF ARMS ON PREACHER MACHINE

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

WEEKLY VOLUME 23

**BLOCK
2**

FOREARM HYPERTROPHY PROGRAM : WEEK 5

STRENGTH FOCUS

DAY 1	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
HEAVY BARBELL HOLDS	2	HOLD	30 SEC	9	30 SEC					CHOOSE HEAVY WEIGHT THAT NEARLY FAILS AT TIME GIVEN, USE CHALK IF NEEDED
DUMBBELL BENCH-BRACED WRIST CURL	3	10-12	-	8	30 SEC					USE THUMBLESS GRIP, ALLOW DUMBBELL TO "ROLL" OUT INTO FINGERS AND CURL IT BACK
STANDING DUMBBELL WRIST EXTENSION	3	10-12	-	8	30 SEC					HOLD DUMBBELLS AT SIDES, AND ROTATE THE WRISTS "OUT", AVOID MOMENTUM
REVERSE GRIP BARBELL CURL*	3	10+5	-	9	1 MIN					USE THUMBLESS GRIP, DO 10 FULL ROM, 5 TOP HALF ROM TO FINISH EACH SET

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

HYPERTROPHY FOCUS

DAY 2	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
PLATE PINCH	3	HOLD	MAX HOLD	10	1 MIN					PINCH 1-2 10 LB PLATES FOR AS LONG AS POSSIBLE FOR A MAX HOLD OF UP TO 1 MINUTE, ADD A 3RD PLATE ONCE 1 MINUTE IS REACHED WITH 2
BEHIND-THE-BACK DUMBBELL WRIST CURL	2	10-12	-	8	1 MIN					PLACE BARBELL BEHIND YOUR BACK AND PERFORM CURLS WITH THE PALMS FACING BEHIND YOU
DUMBBELL BENCH-BRACED WRIST EXTENSION	2	12-15	-	8	1 MIN					USE THUMBLESS GRIP, SHORT RANGE OF MOTION, MIND MUSCLE CONNECTION WITH POSTERIOR FOREARM

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

METABOLIC FOCUS

DAY 3	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
FARMER'S WALKS	2	HOLD	MAX STRIDES	10	1.5 MIN					HOLD 1 HEAVY DUMBBELL IN EACH HAND AND PERFORM STRIDES UNTIL GRIP FAILS (INCREASE WEIGHT BY 40-50 TOTAL STRIDES)
DUMBBELL BENCH-BRACED WRIST CURL	2	15-20	-	8	1 MIN					USE THUMBLESS GRIP, ALLOW DUMBBELL TO "ROLL" OUT INTO FINGERS AND CURL IT BACK
HAMMER DUMBBELL CURL	2	15-20	-	8	1 MIN					USE THUMBLESS GRIP, PERFORM BOTH ARMS AT ONCE

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

WEEKLY VOLUME 24

**BLOCK
2**

FOREARM HYPERTROPHY PROGRAM : WEEK 6

STRENGTH FOCUS

DAY 1	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
HEAVY BARBELL HOLDS	2	HOLD	30 SEC	9	30 SEC					CHOOSE HEAVY WEIGHT THAT NEARLY FAILS AT TIME GIVEN, USE CHALK IF NEEDED
DUMBBELL BENCH-BRACED WRIST CURL	3	10-12	-	8	30 SEC					USE THUMBLESS GRIP, ALLOW DUMBBELL TO "ROLL" OUT INTO FINGERS AND CURL IT BACK
STANDING DUMBBELL WRIST EXTENSION	3	10-12	-	8	30 SEC					HOLD DUMBBELLS AT SIDES, AND ROTATE THE WRISTS "OUT", AVOID MOMENTUM
REVERSE GRIP BARBELL CURL*	3	10+5	-	9	1 MIN					USE THUMBLESS GRIP, DO 10 FULL ROM, 5 TOP HALF ROM TO FINISH EACH SET

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

HYPERTROPHY FOCUS

DAY 2	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
PLATE PINCH	3	HOLD	MAX HOLD	10	1 MIN					PINCH 1-2 10 LB PLATES FOR AS LONG AS POSSIBLE FOR A MAX HOLD OF UP TO 1 MINUTE, ADD A 3RD PLATE ONCE 1 MINUTE IS REACHED WITH 2
BEHIND-THE-BACK DUMBBELL WRIST CURL	2	10-12	-	8	1 MIN					PLACE BARBELL BEHIND YOUR BACK AND PERFORM CURLS WITH THE PALMS FACING BEHIND YOU
DUMBBELL BENCH-BRACED WRIST EXTENSION	2	12-15	-	8	1 MIN					USE THUMBLESS GRIP, SHORT RANGE OF MOTION, MIND MUSCLE CONNECTION WITH POSTERIOR FOREARM

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

METABOLIC FOCUS

DAY 3	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
FARMER'S WALKS	2	HOLD	MAX STRIDES	10	1.5 MIN					HOLD 1 HEAVY DUMBBELL IN EACH HAND AND PERFORM STRIDES UNTIL GRIP FAILS (INCREASE WEIGHT BY 40-50 TOTAL STRIDES)
DUMBBELL BENCH-BRACED WRIST CURL	2	15-20	-	8	1 MIN					USE THUMBLESS GRIP, ALLOW DUMBBELL TO "ROLL" OUT INTO FINGERS AND CURL IT BACK
HAMMER DUMBBELL CURL	2	15-20	-	8	1 MIN					USE THUMBLESS GRIP, PERFORM BOTH ARMS AT ONCE

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

WEEKLY VOLUME 24

**BLOCK
2**

FOREARM HYPERTROPHY PROGRAM : WEEK 7

STRENGTH FOCUS

DAY 1	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
HEAVY BARBELL HOLDS	2	HOLD	30 SEC	9	30 SEC					CHOOSE HEAVY WEIGHT THAT NEARLY FAILS AT TIME GIVEN, USE CHALK IF NEEDED
DUMBBELL BENCH-BRACED WRIST CURL	3	10-12	-	8	30 SEC					USE THUMBLESS GRIP, ALLOW DUMBBELL TO "ROLL" OUT INTO FINGERS AND CURL IT BACK
STANDING DUMBBELL WRIST EXTENSION	3	10-12	-	8	30 SEC					HOLD DUMBBELLS AT SIDES, AND ROTATE THE WRISTS "OUT", AVOID MOMENTUM
REVERSE GRIP BARBELL CURL*	3	10+5	-	9	1 MIN					USE THUMBLESS GRIP, DO 10 FULL ROM, 5 TOP HALF ROM TO FINISH EACH SET

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

HYPERTROPHY FOCUS

DAY 2	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
PLATE PINCH	3	HOLD	MAX HOLD	10	1 MIN					PINCH 1-2 10 LB PLATES FOR AS LONG AS POSSIBLE FOR A MAX HOLD OF UP TO 1 MINUTE, ADD A 3RD PLATE ONCE 1 MINUTE IS REACHED WITH 2
BEHIND-THE-BACK DUMBBELL WRIST CURL	2	10-12	-	8	1 MIN					PLACE BARBELL BEHIND YOUR BACK AND PERFORM CURLS WITH THE PALMS FACING BEHIND YOU
DUMBBELL BENCH-BRACED WRIST EXTENSION	2	12-15	-	8	1 MIN					USE THUMBLESS GRIP, SHORT RANGE OF MOTION, MIND MUSCLE CONNECTION WITH POSTERIOR FOREARM

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

METABOLIC FOCUS

DAY 3	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
FARMER'S WALKS	2	HOLD	MAX STRIDES	10	1.5 MIN					HOLD 1 HEAVY DUMBBELL IN EACH HAND AND PERFORM STRIDES UNTIL GRIP FAILS (INCREASE WEIGHT BY 40-50 TOTAL STRIDES)
DUMBBELL BENCH-BRACED WRIST CURL	3	15-20	-	8	1 MIN					USE THUMBLESS GRIP, ALLOW DUMBBELL TO "ROLL" OUT INTO FINGERS AND CURL IT BACK
HAMMER DUMBBELL CURL	3	15-20	-	8	1 MIN					USE THUMBLESS GRIP, PERFORM BOTH ARMS AT ONCE

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

WEEKLY VOLUME 26

**BLOCK
2**

FOREARM HYPERTROPHY PROGRAM : WEEK 8

STRENGTH FOCUS

DAY 1	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
HEAVY BARBELL HOLDS	2	HOLD	30 SEC	9	30 SEC					CHOOSE HEAVY WEIGHT THAT NEARLY FAILS AT TIME GIVEN, USE CHALK IF NEEDED
DUMBBELL BENCH-BRACED WRIST CURL	3	10-12	-	8	30 SEC					USE THUMBLESS GRIP, ALLOW DUMBBELL TO "ROLL" OUT INTO FINGERS AND CURL IT BACK
STANDING DUMBBELL WRIST EXTENSION	3	10-12	-	8	30 SEC					HOLD DUMBBELLS AT SIDES, AND ROTATE THE WRISTS "OUT", AVOID MOMENTUM
REVERSE GRIP BARBELL CURL*	3	10+5	-	9	1 MIN					USE THUMBLESS GRIP, DO 10 FULL ROM, 5 TOP HALF ROM TO FINISH EACH SET

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

HYPERTROPHY FOCUS

DAY 2	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
PLATE PINCH	3	HOLD	MAX HOLD	10	1 MIN					PINCH 1-2 10 LB PLATES FOR AS LONG AS POSSIBLE FOR A MAX HOLD OF UP TO 1 MINUTE, ADD A 3RD PLATE ONCE 1 MINUTE IS REACHED WITH 2
BEHIND-THE-BACK DUMBBELL WRIST CURL	2	10-12	-	8	1 MIN					PLACE BARBELL BEHIND YOUR BACK AND PERFORM CURLS WITH THE PALMS FACING BEHIND YOU
DUMBBELL BENCH-BRACED WRIST EXTENSION	2	12-15	-	8	1 MIN					USE THUMBLESS GRIP, SHORT RANGE OF MOTION, MIND MUSCLE CONNECTION WITH POSTERIOR FOREARM

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

METABOLIC FOCUS

DAY 3	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
FARMER'S WALKS	2	HOLD	MAX STRIDES	10	1.5 MIN					HOLD 1 HEAVY DUMBBELL IN EACH HAND AND PERFORM STRIDES UNTIL GRIP FAILS (INCREASE WEIGHT BY 40-50 TOTAL STRIDES)
DUMBBELL BENCH-BRACED WRIST CURL	3	15-20	-	8	1 MIN					USE THUMBLESS GRIP, ALLOW DUMBBELL TO "ROLL" OUT INTO FINGERS AND CURL IT BACK
HAMMER DUMBBELL CURL	3	15-20	-	8	1 MIN					USE THUMBLESS GRIP, PERFORM BOTH ARMS AT ONCE

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

WEEKLY VOLUME 26



WARM UP

If you plan on training forearms “cold” (i.e. not after a regular workout), before every training session perform:

- 5-10 minutes of moderate intensity cardio
- “Hand circles” for 15-20 reps each direction

Otherwise, you should be sufficiently warm from the preceding training to jump right into the direct forearm exercises in the program.



PROGRAM VARIABLES

INTENSITY

How hard should you train? How heavy should you go?

The answers to these questions are determined by the RPE given for each exercise. Keep in mind that RPE's are meant to be for working sets only. An RPE of 10 indicates the set should be taken to failure. In the case of grip training, this would mean to go to the point where your grip fails. An RPE of 9 means you should stop one rep shy of failure. An RPE of 8 means you should stop two reps shy of failure and so on. RPE's provided are intended to be applied to all working sets except for when the training day is annotated with a note indicating that the final set of each exercises is to be taken to failure.

VOLUME

How much volume you need to progress will depend on your level of advancement. The more advanced you are and the more volume you will need. This program begins with 20 total weekly sets in Week 1 and finishes with 26 total weekly sets in Week 8.

Beware of the fact that there is a strong overlap between any heavy rowing and deadlifting and the forearm movements included in this program. So if the current program you're running has a high volume of these movements already included, it may be wise to adjust the volume down by 1 set per exercise, depending on your own assessment of your recovery. Consistent and recurring soreness, achy joints and fatigue is generally a reliable indication that you may be performing too much volume and may want to adjust the routine accordingly. Furthermore, if you're a relatively new lifter, you may want to start with one less set per movement for the first week or two. From there, you can assess your tolerance to that weekly volume and then begin adding sets once you're confident you're recovering adequately.

FREQUENCY

A 2017 study showed that when volume equated, training the forearms 10x per week didn't lead to better strength or size gains than training them 3x per week, so more frequency isn't necessarily better.¹ Furthermore, the most recent and comprehensive meta analysis on training frequency concluded that 2x/week is better than 1x/week for maximizing growth while frequencies of 3 or more may or may not be better². However, because the muscles of the forearm are smaller muscles with arguably faster recovery rates, a 3 day per week frequency



PROGRAM VARIABLES

is likely to be more optimal than a lower frequency which would make squeezing in sufficient weekly volume difficult. This frequency should be easy to adapt to an upper/lower, push/pull/legs or other bodypart split, examples of which are provided in the "Sample Training Splits" section.

PERIODIZATION

WEEKLY PROGRESSION

A linear progression scheme is used for all exercises since progressive overload is arguably the most important factor for growth. The goal here for exercises with a concentric and eccentric rep pattern is to add reps while keeping the weight the same until the top end of the range is reached for all sets. From there, you will add weight and go back to the low end of the rep range. For all exercises with a HOLD rep pattern, your goal will be to add total hold time, until a maximum time limit is reached. Then you will add some weight, and begin to work your way back up to the maximum time limit again. In the real world, it might not work out that neatly. As long as you're adding some weight, some reps or some hold time on average (meaning it doesn't have to increase EVERY week) you're doing it right.

DAILY UNDULATING PERIODIZATION

An undulating scheme is used for reps during the training week such that Day 1 focuses more on heavy loading in lower rep ranges, Day 2 focuses on moderate loading and hypertrophy and Day 3 is a high-rep training session, focused on metabolic stress.

BLOCK PERIODIZATION

The program is split into 2 blocks: Weeks 1-4 and Weeks 5-8.

Block 1 is focused on getting adapted to the new movement patterns, learning the exercises with proper form, and feeling out the relatively high volume and frequency of the program. In order to ensure this happens safely and without undesired overreaching, RPE's are kept generally around 8 for this block.

Block 2 is quite similar in exercise selection to ensure progressive overload is in place. Volume is increased in Block 2 through gradual set increases. This block also introduces several new movements and loading for the sake of novelty, something that has been emphasized in the scientific literature as a central tenant of periodization³.



PROGRAM VARIABLES

STEP PERIODIZATION

WEEKS 1 AND 2:

- Weekly set volume is 20 sets

WEEKS 3 AND 4:

- A step in volume is made to 23 total weekly sets

Weeks 5 and 6:

- Weekly volume is increased to 24 sets
- An increase in loading and intensity is emphasized for progress

Weeks 7 and 8:

- Another step in volume is made to 26 sets
- Loading continues
- These final weeks will provide the biggest growth stimulus
- Should be followed up with a week off (unload) or a light week (deload) to re-sensitize the muscles for new hypertrophy
- Optionally repeat the program following unloading or deloading

FOREARMS

It's important to understand the biomechanical function of the forearms before we can understand how to best train them. So first, we need to quickly cover their basic anatomy. For the sake of the guide, we'll lump all of the individual forearm muscles into "anterior" and "posterior" compartments.

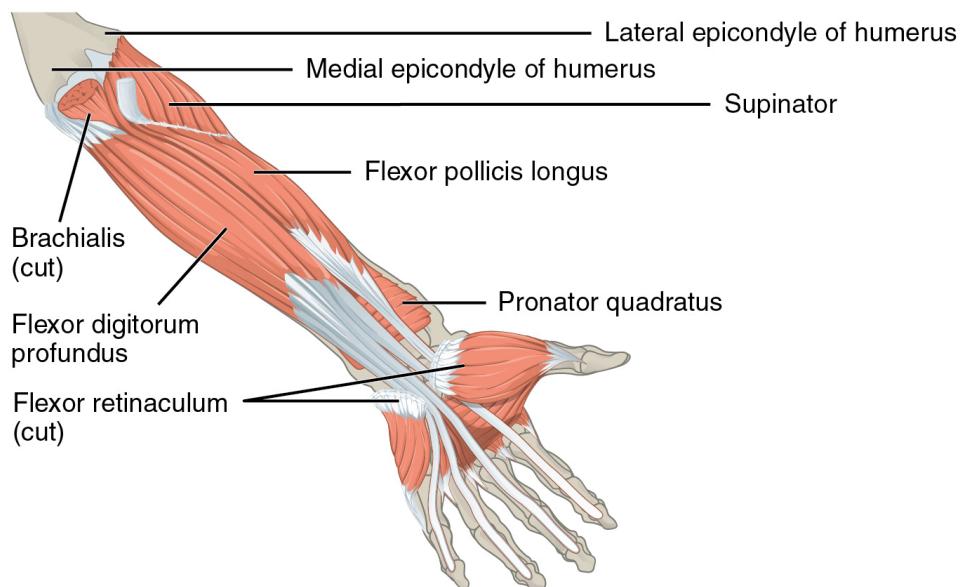


FIGURE 1: MUSCLES OF THE ANTERIOR FOREARM

(Image: https://commons.wikimedia.org/wiki/File:1120_Muscles_that_Move_the_Forearm_Antebrach..Sup..Flex..Sin.png)

ANATOMY & FUNCTION

With roughly 20 different muscles functioning between the elbow and wrist joint, the intricate forearm musculature can be split into an anterior (or front) and posterior (or back) compartment. The anterior muscles perform flexion of the wrist and phalanges (fingers) while the posterior muscles perform wrist and finger extension. The muscles that move the fingers are actually located in the forearm and operate the fingers via long tendons like a puppet by strings so that the fingers can remain more slender for handling precise tasks.

FOREARMS

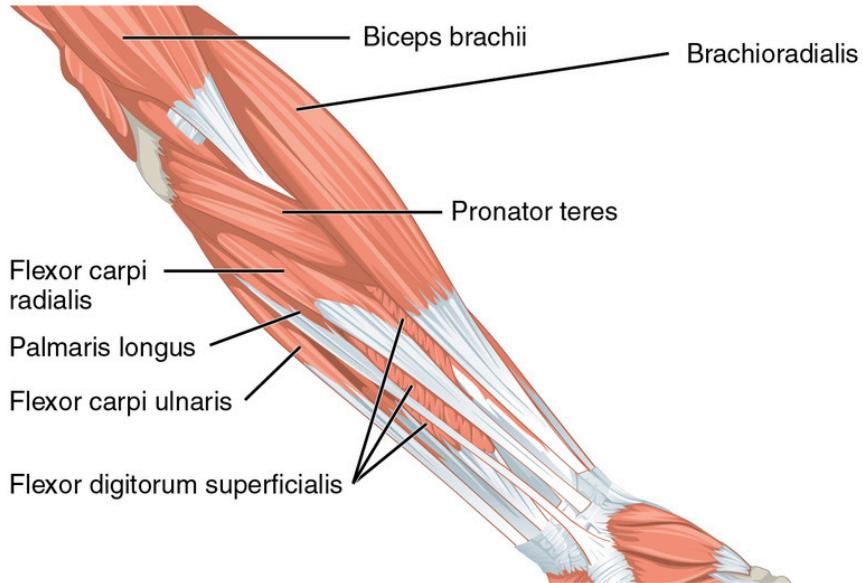


FIGURE 2: MUSCLES OF THE POSTERIOR FOREARM

(Image: [https://commons.wikimedia.org/wiki/File:1120_Muscles_that_Move_the_Forearm_Antebrach._Sup._Flex._Sin.png](https://commons.wikimedia.org/wiki/File:1120_Muscles_that_Move_the_Forearm_Antebrach._Sup._Flex._Sin.png#/media/File:1120_Muscles_that_Move_the_Forearm_Antebrach._Sup._Flex._Sin.png))

About 5 of the 20 muscles perform elbow flexion (like a bicep curl) and pronation of the forearm (like turning your palm up). Of these, we'll just focus on the most prominent brachioradialis muscle which, unlike other prominent forearm muscles such as the Flexor Digitorum Superficialis, doesn't cross the wrist joint, meaning it can't be trained through wrist flexion or extension.

According to a paper titled "The Function of Brachioradialis", it's equally active in a neutral, supinated, and pronated position⁴. And since the biceps are strongest when the forearm is supinated, or when the palms are facing up, it's best to perform curls with a pronated or "reverse" grip for the brachioradialis. Another paper from Murray and colleagues published in the Journal of Biomechanics found that peak torque for the brachioradialis occurred between 100° and 120° of elbow flexion, while peak torque for the biceps was closer to 80⁵. So performing partial reps in the top-end range of motion might help target the brachioradialis over the biceps. My preferred exercise for brachioradialis isolation is the reverse grip barbell curl finishing with partial reps in the top half of the range. Hammer curls are also a good exercise, but like most curls, will target the biceps to a large degree and aren't as great for isolating the brachioradialis but are very effective for overloading.



FOREARMS

FIBER TYPE

While data is really limited, it is commonly held by experts in the field that the forearms are primarily type 1 by fiber composition. There is no scientific literature I'm aware of to support this idea, but based on the long-duration and low-power muscle actions the forearms often perform, it would make sense if true. In any case, while the relevant data isn't easily available or accessible, it makes sense to train the forearms in a moderate to high rep range for the sake of safety and since, provided sets are taken close to failure, a near-full spectrum of motor units should be activated anyway.



SAMPLE TRAINING SPLITS

As long as total weekly volume requirements are being met and you are recovering adequately (i.e. not excessively fatigued, sore and/or getting weaker) then how you set up your split around this program is of relatively less importance.

Below are some suggested splits including how to incorporate the forearm program.

1. UPPER/LOWER SPLIT

Day 1: Upper body + **Day 1**

Day 2: Rest

Day 3: Lower Body

Day 4: Upper Body + **Day 2**

Day 5: Rest

Day 6: Lower Body + **Day 3**

Day 7: Rest

2. PUSH/PULL/LEGS/UPPER/LOWER SPLIT

Day 1: Push + **Day 1**

Day 2: Pull

Day 3: Legs + **Day 2**

Day 4: Rest

Day 5: Upper + **Day 3**

Day 6: Lower

Day 7: Rest



SAMPLE TRAINING SPLITS

3. PUSH/PULL/LEGS SPLIT (8-9 DAY SPLIT)

Day 1: Push + **Day 1**

Day 2: Pull

Day 3: Legs + **Day 2**

Day 4: (Optional rest)

Day 5: Push

Day 6: Pull + **Day 3**

Day 7: Legs

Day 8: Rest

I would personally recommend running split #1 or 2 on this program for the sake of optimizing frequency and the convenience of fitting your full split within a single calendar week. The extra training days in split #3 allow for adequate recovery between sessions, however, the weekly frequency may be slightly sub-optimal. Given this, if this split allows you to train with either more intensity (effort) or with better adherence than the others, then you should go with it. Remember that regardless of the split you choose, the most important thing is accomplishing the weekly forearm training volume with the appropriate intensity (RPE).

An important consideration in the training split is where the brachioradialis work (reverse grip curls and hammer curls) should be placed in relation to other bicep exercises in your program. I would recommend doing these movements on the same day you hit biceps. Otherwise, try to space it out such that there is at least one day of rest between other curling movements you do, and the curling movements in the forearm program.



COMMENTS FROM JEFF

For customer support email info@strcng.com.

To keep the cost of the program down, I did not include supplemental instructional videos for this program. If you're unsure about how to perform any exercises included, access to all exercises are just a quick Google/YouTube search away!

Thank you so much for your support! Enjoy training and feel free to show me your progress on social media by hashtagging **#forearmgains** and I'll make sure to check it out! Peace!



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DISCLAIMER

Jeff Nippard is not a doctor or registered dietitian. The contents of this document should not be taken as medical advice. It is not intended to diagnose, treat, cure, or prevent any health problem - nor is it intended to replace the advice of a physician. Always consult your physician or qualified health professional on any matters regarding your health. The exercises contained herein are performed at the own risk of the Trainee. All documents included or exchanged between Jeff Nippard and the Trainee are the intellectual property of STRCNG Incorporated and are not to be copied, sold or redistributed without written consent.

A black and white photograph of a man in a gym setting. He is wearing a grey t-shirt and dark shorts. He is holding a resistance band with both hands, pulling it towards his chest. His arms are flexed, showing his biceps. In the background, there are other gym equipment and weights.

FOREARM HYPERTROPHY PROGRAM

OVERVIEW

JEFF NIPPARD

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