



30 MINUTE
HIGH INTENSITY

BICEP BUILDER

Powerful shapely arms are a sought after cosmetic addition that modern society really applauds. Naturally we all want them, both men and women alike, yet achieving the correct shape for our physique seems to be a continuous problem, but with the **30 Minute Bicep Builder** brought to you by “**Coach Gav**”, it may soon become a reality.

The arm from wrist to shoulder is made up of many muscles that all contribute to the visual appearance as well as the proper functionality of the arm. The muscles in the lower arm are just as important to develop as those on the front and back of the humerus – balance is everything. The muscles that will be focused on in this program are called the biceps. The bicep comprises of two muscles and are situated on the front of the humerus bone.

These muscles are sculpted, strengthened and toned by contracting the bicep (decreasing the angle between the upper and lower arm and then lowering or increasing that angle by relaxing the muscle). The weight, speed, and time taken to train this muscle will determine the final results.

Our Trojan Bicep Builder Program will give you the road map to great biceps suitable for your gender. This is the formula for the arms you have always wanted – strong and sculpted to look great and perform the tasks that come your way.

Home gym equipment designed to provide a full body workout



DISCLAIMER:

- Always consult a physician before starting a new exercise routine and stop exercising immediately should you feel any discomfort, feel faint, become dizzy or experience pain.
- Always inspect equipment prior to use and do not use if any damaged or worn parts are detected.
- Use exercise in conjunction with a healthy eating plan.
- Only use the product for its intended purpose to prevent injury.

EXERCISE AND TRAINING TERMS:

Duration: In a gym program this will refer to the workout time of the entire program.

Intensity: This will refer to the amount of weight used and the amount of rest given between each set of a exercise.

Type: Refers to the type of training (strength, resistance, cardio etc).

Repetitions: A single cycle of lifting and lowering a weight.

Sets: A number of repetitions performed continuously, ended with a rest period.

Tempo: Is the rate and speed at which a rep is executed, it has 3 stages, the push/pull, the pause and the return motion.

% of max: Is determined as % of 1 repetition of maximum weight a person can push for any given exercise e.g. if you were to press 100 kg for only one rep as your maximum, your training weight for 45% of maximum for 10 reps would be 45 kg pushed 10 times.

Meet Coach Gav



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Gym Stick Curls



Reps: 15 **Sets:** 4 **Intensity:** High

Weight used should allow a maximum of 15 reps

Tempo: 1 second contraction • 2 second squeeze • 4 second lowering

Reverse Gym Stick Curls

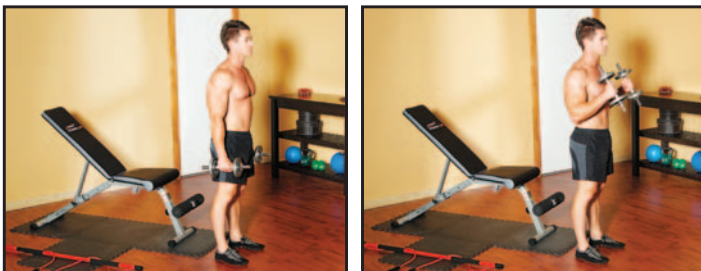


Reps: 12 down to 6 **Sets:** 4 **Intensity:** High

Weight used should allow a maximum of 12 reps

Tempo: 1 second contraction • 2 second squeeze • 4 second lowering

Standing Hammer Curls



Reps: 12 down to 6 **Sets:** 4 **Intensity:** High

Weight used should allow a maximum of 12 reps

Tempo: 1 second contraction • 2 second squeeze • 4 second lowering

Standing Curls



Reps: 12 down to 6 **Sets:** 4 **Intensity:** High

Weight used should allow a maximum of 12 reps

Tempo: 1 second contraction • 2 second squeeze • 4 second lowering

Incline Bench Alternating Curls



Reps: 12 down to 6 **Sets:** 4 **Intensity:** High

Weight used should allow a maximum of 12 reps

Tempo: 1 second contraction • 2 second squeeze • 4 second lowering

Notes / exercise execution

With all bicep exercises apply a tempo of 1 second contraction, 2 second squeeze and 4 seconds to lower back till arm is fully extended and straightened. You must be able to perform the exercise at this tempo. If you are not able to keep this tempo, the weight is too heavy, and the weight would need to be adjusted accordingly. Then increase the weight of each set while lowering the reps done.

Set 1; 12 reps, Set 2; 10 reps, Set 3; 8 reps, Set 4; 6 reps