7 Seconds to Brilliant Biceps

- Add Inches to Your Guns in Just a Few Seconds -

By Paul 'Batman' O'Brien

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Introduction

Since I first founded Isometric-Training.com in 2004 I have been inundated with emails and requests for full body exercise routines using Isometrics and for more information dealing with trouble areas such as guys wanting bigger guns with high peaking biceps, and the gals wishing to firm and tighten the dreaded flabby arm effect created by weak triceps. With this in mind I’ve decided to focus on building bigger biceps in this short guide. But....I haven't forgotten about the rest of the arms and I have a complete routine for toning and firming triceps as well as developing tapered and strong forearms and sexy shoulders. And that's not to mention the rest of your body. You can learn more about that here - [http://www.perfect-body.me/](http://www.perfect-body.me/)

One of the claims made in sales page for this ebook mentions adding over an inch to your biceps in just a few seconds. Well, I’d like to get something off my chest right now – that claim was actually inspired when a fitness instructor I know actually added 2 INCHES on to his left bicep in less than one minute as I guided him through the same techniques you will learn here. That’s right, in less than 60 seconds his biceps went from an impressive 17 inches to a massive 19 inches! Suffice to say he was impressed.

In this ebook I reveal in detail the exact techniques and exercise I taught him to achieve that results. More than that I illustrate how to the science supports and explains this process. As fantastic as it may seem, and I know it is, these results aren’t fantastic or unrealistic. They are readily achievable if you apply the techniques in this guide.

But I didn’t invent these incredible exercises. They aren’t some new fantastic gimmick product. I’m not introducing any radical new way to twist yourself with bands or tubes, or risk injuring delicate tendons lifting weights that may be unfamiliar to you.

All I’m explaining are the same techniques I use with myself and my clients to achieve incredible results, based on proven scientific techniques. These are the same techniques that were forgotten in history.
These are the exercises and techniques of incredible physical specimens such as Maxick, Monte Saldo, the Great Charles Atlas, Eugene Sandow and more. Of course these are the same methods used by ancient martial arts masters and modern marvels such as Bruce Lee and Arnold Schwarzenegger.

Isometrics can provide you with the same incredible and amazing results I have achieved for my clients. Using these exercises you can;

- Develop High Peak Biceps
- Develop Firm and Toned Triceps
- Show Off Wide Sexy Shoulders
- Develop Dense, Firm and Thickly Packed Muscle
- Flex Forearms that feel like Steel Cables
- Increase Your Grip Strength
- Increase Your Explosive Upper Body Power
- Increase Your Lifting Strength
- Increase Your Pushing Power.
- And much, much more.

The best thing about it is each exercise will take less then seven seconds to complete...

Too good to be true? I agree, but it works, and here’s how....
Chapter 1

How Isometrics Work – a brief overview

1. What is an isometric contraction?
2. What do isometrics do and how do they stimulate muscle growth?

1. What is an isometric contraction?

If you’ve been to my website isometric-training.com and read all my articles you should know the answer to this…if not go there right now and get reading. Each article builds on the next to present a complete overview of isometrics as well as many other topics such as Weight Loss, Muscle Building techniques, Free Exercise programs and more…but to answer the question..

An isometric contraction is

“a type of strength training in which the joint angle and muscle length do not change during contraction (compared to concentric or eccentric contractions, called isotonic movements). Isometrics are done in static positions, rather than being dynamic through a range of motion. The joint and muscle are either worked against an immovable force or are held in a static position while opposed by resistance”.

Wikipedia (While you’re there check out the exercise instructions and further articles contributed by isometric-training.com)

That may tell you what an isometric contraction is from a technical standpoint, but it doesn’t explain what it does or how it feels.

2. What do isometrics do and how do they stimulate muscle growth?
In order to build firmer, larger and denser muscle tissue you need to stimulate it. Stimulation can be produced by many means, do enough repetitions of a movement, lift heavy weights or perform intense stretching and you will stimulate muscle growth. Now, you may ask yourself, “What has this to do with isometrics?” ... bear with me... I’m coming to it.

The skeletal muscles we are trying to increase in size and strength are composed of a number of fibers. Those types are

1. Slow (Type 1 Slow twitch)
2. Fast Fatigue Resistant - (Type 2 A fast twitch or fast oxidative)
3. Fast Fatigueable --(Type 2B, also called fast twitch or fast glycolytic)
4. Fast Intermediate (could be Type 1 or 2 depending on training).

Now I don’t want to bog you down in science because we all want to get to the results and that mean’s the exercises, but I think it’s important to understand how this works and why. That way you have a better idea of what to expect and feel when you perform these exercises.

The skeletal muscles of our bodies are made up a mixture of these fiber types and the amount varies on the function of the muscle involved. For example postural muscles, those that keep us upright and walking, like the neck, back and legs have a higher amount of type 1 fibers. They are slow to contract and twitch and thus suited for lengthy periods of use.

The arms and chest which only be used every now and then for pushing or throwing things would have a higher concentration of Type 2 Fibers, which are faster to contract and more explosive in nature (hence why we can throw things hard), but they fatigue and tire much quicker as a result.

Traditional weight lifting only partially stimulates these muscle fibers. Only part of the muscle is used during different parts of the lift, and thus, it takes dozens of repetitions in order to stimulate as many of the fibers as possible. Even then traditional weight lifting or repetitious exercises fail to stimulate many of these fibers at all. Furthermore, traditional weight lifting often results in injury as well as the overall enlargement and dilation of the heart as well as obstructing blood flow in the capillaries.
Isometrics on the other hand involves the orderly recruitment of muscle fibers and systematically causes complete muscle exhaustion in just seconds, because you contract a muscle for a prolonged period of time (7 seconds) thus fatiguing each muscle fiber. This produces the most stimulus possible leading to greater muscle growth. Finally, and perhaps just as important, an isometric contraction is not constantly creating obstructions in the blood flow to the capillaries, but in fact, with every relaxation cause an increase in that blood flow and thus increases the blood and nutrition being pumped into the muscles resulting in greater size, as well as increased oxygen and energy uptake.

This is why Isometrics is different and a vastly superior form of exercise. Over the last few decades hundreds of articles, studies and peer reviewed data has shown that the intensity of training is far more important for stimulating muscle growth and development than the duration or length of the exercise. Isometrics is simply the most intense, efficient and safe form of exercise discovered to date.
Chapter 2

Adding Inches to Your Biceps in Just a Few Seconds?

Now that you have an idea of how isometric work it’s about time I answered the question that most people are going to ask when they read the sales page for this e-book. How on earth can you add inches to your biceps in just a few seconds? I’ll get to that in just a moment for now I’d like to explain the problems of conventional weight lifting.

The constant repetition utilized in conventional weight training results in compression damage. With each rep you are contracting your muscles and squeezing them tight, shortening the angle of the joint. The problem with this, as I discuss in my 7 second abs book is that this also squeezes your capillaries shut. Blood can’t flow into them.

This reduction results in a pressure build up in the arteries which creates stress on the heart. The body is a smart so after being continuously subjected to this it adapts by shrinking the heart and decreasing blood volume. If it thinks its producing too much blood, which it does when the pressure builds due to this compression damage the body responds by naturally decreasing it. This in turn requires less oxygen and thus the lung capacity shrinks.

Nor is this a recent revealed fact. The man that inspired the physique of Charles Atlas, Alois P. Swoboda discussed this in detail in his classic work of 1901. In March 2003 the Wall Street Journal ran an article entitled “Fears Mount Over Dangers of Pumping Iron; Weightlifting Craze Comes Under Scrutiny by Doctors Concerned About Health Risks”, saying the exact same thing and backing it up with the medical evidence.

So what has this to do with making your arms bigger?

I was asked this when Niall’s biceps expanded by 2 inches after practicing the exercises I teach in Chapter 5.

Simple Isometric exercises address this exact problem – by INCREASING the flow of blood into the muscles.

The increase in size as a result of flushing the capillaries in the biceps with blood and is a dramatic visual example that re-enforces the point about conventional training (particularly the results of compression damage and forcing blood out of the muscles) in an easy to grasp manner. It also provides a quick and effective demonstration of isometric principals.
His muscle wasn't getting "bigger" in the sense of hypertrophy just being returned to it's healthy state with full blood flow. He also asked me if he would get weaker as a result of this and the answer is a definitive no. In fact he and you too will experience a 5-15% increase in strength.

This is because it was not a repetitive movement that repeatedly compressed the muscle tissue and capillaries, and thus would lead to long term damage and subsequent weakness. If anything these short isometric contractions would promote increased blood flow and glycogen stores as well as developing greater nervous innervations of his current muscle fibers. Continued use of these protocols will make anyone stronger.
Chapter 3

Understanding the Anatomy of Awesome Arms

1. The Biceps – Making Mountains

For the purposes of this e-book we will be focusing on the major muscle group of the biceps.

The second and third perhaps receive the most attention from women and men respectively. For the guys well, building big guns is always a priority. I remember as a kid the constant competition to make that small shaky muscle attached to our arms as big and hard as possible. Biceps defined the action hero of the 1980’s and our international symbol of manly men. What is more natural then to flex your guns?

That said it’s important to keep in mind the other muscle groups. When female clients come to me they nearly always list their top two trouble areas are the waist (covered in detail in 7 Seconds to A Perfect Body) and the triceps or “bingo wings”. Also the Deltoids and the Forearms are of equal importance. Though they receive little attention the deltoids are an integral part of our ability to function and lift and move objects. They are often subject to major and minor injuries because they are ignored in favor of developing the bigger flashier muscles – in my capacity as an Acupuncturist specializing in Sports Injuries I see more busted and frozen shoulders as a result of poor benching and muscle imbalances more than any other upper body injury.

As for the forearms how can you lift anything that you can’t even grip. How can you grip your shopping, open a jar or even ride a bike without the grip strength that comes from strong forearms. As for athletes ranging from cyclists to martial artists good grip strength is vital.

So why is it important to understand the how you’re arms are built? The simple reason is that when you know what each muscle is meant to do it is VERY easy to use that muscle for its proper function. As you’ll soon find out each muscle contracts in a specific direction and allows the most muscle fiber recruitment in this position, and as we know from the previous chapter this is hugely important for generating the maximal stimulation responsible for incredible results.
The Biceps – Making Mountains

The Biceps are the most keenly sought after muscle of men’s arms. Nearly every guy I meet wants great guns. I remember as kid flexing my arms I the mirror along side my brother to see who’s were biggest, to see who was cooler and most like He-Man. I’ve seen ads that sell huge expensive products designed to just build big biceps – it’s ridiculous! By just taking a little time to read how the muscle actually works you can quickly see why the machines are nothing but a waste of time and money and that you can get great strong, firm and high peaking biceps with just a few seconds of intensive and scientific training as shown in Chapter 5.

How do the guns work then?

The biceps brachii, as it is by its full name is a muscle located on the upper arm. It features two heads (hence the “bi” part – by the way did you know you have another biceps muscle located in your leg?). The shorter of the two heads has it origins in the shoulder at a part of the bone called the coracoid process of the scapula (shoulder blade). The longer head begins quite close in a small notch of the shoulder blade called the supraglenoid tubercle. The two heads expand to form the muscle belly of the biceps and then taper to form a thick tendon that inserts into the forearm in the radial bone, at a site called the radial tuberosity.

The Biceps have two (not surprising that) important functions. The first is to flex the arm, bringing the hand closer the elbow and shortening the angle of the joint. This of course is vital for any pulling movement, from rowing to pulling a door open or even hugging someone. It’s other less focused on attribute (though hugely important) is in rotating the forearm. This is called supination.

Yep, a muscle at the top of your arm is actually involved in rotating your wrist. Don’t believe me, try it out. Bend your arm to a 90 degree angle and then rotate your wrist so your knuckles point towards your shoulder. Take a look at your bicep – it should be slightly rounded and flexed. Now keep your arm in the same position just rotate you knuckles away from your shoulder to point them in the opposite direction. You’ll notice that your bicep’s actually stretch out and flatten, particularly near the elbow. This is because you are extending and stretching one part of the biceps while keeping the other partially flexed.
So why is that important? Simple, if you want fully developed biceps you need to incorporate wrist and forearm movement. All too often people become obsessed with just one movement for building the guns. This leaves them weak and open to injury. There are other benefits too, like being able to open any sort of jar imaginable, and it will improve your grip strength for sports such as golf, martial arts, hurling (that’s an Irish thing), baseball and more.

Let’s move on to some example of strong functional arms built by men who never lifted weights...men who weren’t just over inflated muscle that look big but don’t have substance or strength, but real men who were beyond strength and became the subject of legends.
Chapter 4

Awesome Arms – Lessons from History

Back in the days of old when men were men they were capable of extraordinary feats of strength. Now I’m not talking simply lifting heavy weights – I’m talking capable of lifting full grown men with a single arm. Of course the late great Eugene Sandow, the father of bodybuilding used to show off by lifting a horse with one arm. I’m going to have to try that one day.

Study the photos on the right. That’s George Hackenschmidt. He possessed very thick strong muscular arms. Each fiber of the deltoids / shoulders are stood out in high relief. You’ll also see the hard, heavily defined triceps on the back of the arms and the sinewy thick cabled muscles of the forearms that were capable of griping and holding these phenomenal weights. He wasn’t alone, there were the high peaking biceps of Sandow and the Great Otto Arco.

As I mentioned these incredible physiques weren’t just for show, though the artists and sculptors of the day based they’re paintings and statues on the godly bodies as they posed flexing the muscles they had painstakingly developed. These were functional muscles, every bit as strong as they look.

For instance, in this promotional image Eugene Sandow is performing his famous horse lift. The strength not only needed in his shoulders, biceps and triceps but the grip strength being supplied by his forearms is staggering. In another promotional shot you can see the famous physical culturalist George F Jowlett breaking chains across his biceps.
(and if you pay attention you’ll see that add two inches to your biceps claim – as I said these techniques and the incredible results produced have been around for years).

One would be forgiven for thinking that these men built these incredible arms by lifting weights for hours on end as is seen so popularly in gyms today. By constantly and repeatedly bicep curling many young men hope to develop the “big guns” of Hollywood Action Heroes. Funnily enough the strong men of old didn’t do this. They didn’t lift big weights, except to show off how strong they were. In fact Maxick discuss this exact phenomenon in his classic best seller on Isometric Strength Training – Muscle Control. Below I have reproduced a crucial chapter in this excellent work...

**How Mechanical Exercise may Hinder Muscle-Development**

One day I was watching a journeyman filing metal. I fell to wondering vaguely why it was that his arms and deltoid development was so small in comparison with the rest of his body, knowing as I did, that the man had worked at the bench for years. Surely, according to accepted theory, it was just these parts which should have been the more developed considering the nature of his work!

I was so interested in this case, that I began to take careful note of other workmen; and my observations at length convinced me that mechanical exercise will not increase bulk or strength beyond a certain degree.

I found out later by experiment that mechanical exercise will only produce good results if interest is directed to the muscles being used. If the mind is directed only to the work being performed, a certain point of muscular resistance is reached; but not there it stops. To secure full benefit from the exercise, it is essential that the mind be concentrate on the muscles, and not on the work performed.

**The Case of the Stonemason**

Instances by way of example may be given by the hundred. Take the case of a stonemason, who has to use a hammer or mallet for many hours daily, during which time thousands of blows are struck, and the shoulder and arm have to bear the weight, as well as use the mallet.

Now according to the theories enunciated by many teachers of physical culture, the greater the number of repetitions preformed of one exercise, the greater the development of the muscles employed. But here is a flat contradiction of those theories, for it will be observed that the majority of stonemasons do not evince anything exceptional in the way of arm or shoulder muscle development.

And the explanation?
Perfectly simple! The stonemason’s mind is necessarily concentrated upon the work before him, and he pays little or no heed to his muscles.

Which leads to another question…?

Would the stonemason, or any man wielding a hammer for many hours a daily, and concentrating his attention upon the muscles employed, develop colossal muscles in consequence?

The answer is in the negative; for the reason that then mind tires in a short time if connected on any one particular object. And then a limit is reached. There would certainly be exceptional development of the muscles upon which the mind was concentrated so long as there was no increase of effort in the blows delivered.

So how did the strongmen of the superman age maintain this focus and channel it into their muscles? They used isometrics contraction and breathing techniques. You’ll find the exact techniques Maxick used on his muscles along with his original instruction in Chapter 6, the Bonus section of this e-book. In addition to these techniques Maxick and his fellow physical culturists used deep breathing techniques where they would focus with laser like intensity on contracting the muscle of their choice and breathing strength and size into it.

I know this sounds crazy, that by breathing you could build muscles, but it is in part, true. Fresh oxygen rich blood pumping through your muscles substantially increases your strength and size. For more information on the science behind breathing and if you want to know the secrets of the old time strongmen then check out 7 Seconds to A Perfect Body which discuss and teaches these techniques in detail.
Chapter 5

Brilliant Bicep Exercises

1. The Single Arm Bicep Curl
2. The Double Arm Table Curl
3. Advanced Move – The Cross Arm Contraction
4. Adding Serious Size

Now we come to the good part - The Exercises. Each one of these techniques is designed to provide maximal stimulation to the muscles being used. Each exercise can be done at varying points if you wish, but I prefer to focus on the three major angles of a full range movement e.g. the start middle and end. For many of these as in the case of the shoulder this corresponds to a 80 degree, a 45 degree and a 90 degree angle. As such these will the positions that I will photograph and show in detail.

Each of these positions is to be held for about 7-12 seconds in combination with proper breathing technique (if you are unfamiliar with the breathing methods used in Isometrics, pick up a copy of 7 Seconds to A Perfect Body, where I teach this technique in detail).

So question first.... “What you gonna do? What you gonna do when Hulk Hogan and the Largest Arms in the World run wild on you?”

“By gum”, I thought as I sat in front of my TV with my little brother at a young and impressionable age. Professional Wrestler Hulk Hogan was leading the charge of Hulkamania and ripping open his t-shirts with the biggest arms I had EVER seen. Whoa – I totally want to be able to do that.

So my little brother and I ran around the sitting room, diving off chairs and leg dropping each other. I of course was Hulk, no selling everything and waving my finger. Of course I furiously spent hours lifting little tins and bottles of water in attempts to build huge HULK arms. I ate my greens, said my prayers, alas nothing. Those big biceps eluded me.

But then I didn’t know what I know now. I didn’t know about Isometrics.
The Biceps are the manliest of manly muscles and there are few things more satisfying for a man than to flex hard well muscled biceps as an example of his excellent strength, health and conditioning. These are the exercises you need to do to build rock solid boulders on your arms...the very same exercises I taught Niall and which he used to add 2 inches to his biceps in just a few seconds....
Single Arm Bicep Curl

1. Stand tall and straight with your feet hip distance apart and your toes pointing forwards.
2. Keep your knees soft, that is slightly bent, and your abs tucked in tight.
3. Starting with the right arm with your elbow slightly bent place your fist, palm upwards, a few inches in front of your navel.
4. Firmly grasp underneath your right wrist with your left hand.
5. Slowly try to pull your right arm upwards, tensing your bicep, as though trying to make a “V” of your arm, while resisting with your left hand.
6. Build the tension in the biceps muscle on the front of your arm as you breathe in for 3-4 seconds.
7. Tense completely and push upwards as hard as you can while pressing down with the other hand, breathing out in a “SSSS” sound for 7-12 seconds.
8. Slowly relax and breathe in gently for 3-4 seconds

Repeat on the opposite arm.

Once you have mastered the basic form feel free to vary the position and angle of the arm to contract different parts of the shoulder with varying intensity. Try one straight arm as indicated here, one at 90 degrees and one at a 45 degree angle. As pictured below.
Double Arm Table Curl

Find something so heavy you can’t move it. A fixed table or window sill is ideal for this.

1. Stand in front of it and place your hands palm up underneath the immovable object about shoulder width apart. Ideally the object should be at just below chest level or on it.
2. Slowly tense the arms as though trying to bring the object under your chin.
3. After a few seconds your biceps should be bulging and shaking – this is the individual muscle fibers exhausting themselves as they work really hard – this is Isometrics.
4. Hold this Position for 30 seconds while breathing out in a “SSSS” sound.
5. Slowly release – this is important, after intense contraction your body needs time to unwind.

Advanced Move - Cross Arm Contraction

This next technique comes from my experience in Shotokan Karate and is based upon the cross block known as juji uke in Japanese and is often seen in kata’s or prearranged fight sequences such as Heian Godan. This technique is excellent for the development of both the biceps and triceps simultaneously.

This is among my favorite isometric techniques because you can really contract your muscles hard and exhaust yourself in seconds thanks to the applied leverage. The feeling of blood pumping through your biceps and triceps and then quickly reversing it is astonishingly effective.

1. Stand tall and straight with your feet hip distance apart and your toes pointing forwards.
2. Keep you knees soft, that is slightly bent, and your abs tucked in tight.
3. Make both hands into tight hard fists.
4. Cross your left fist over your right just below the wrist.
5. Slowly try to pull your right arm upwards, tensing your bicep, as though trying to make a “V” of your arm, while resisting with your left hand which you should try to straighten.
6. Build the tension in the biceps muscle on the front of your arm and the triceps muscle on the back of the arm as you breathe in for 3-4 seconds.
7. Tense completely and push upwards as hard as you can while pressing down with the other hand, breathing out in a “SSSS” sound for 7-12 seconds.
8. Slowly relax and breath in gently for 3-4 seconds

As always once you have mastered the basic form feel free to vary the position and angle of the arm to contract different parts of the shoulder with varying intensity. Try one straight arm as indicated here, one at a 45 degree angle and one at 90 degrees. As pictured below.
Adding Serious Size

If you really want to peak your biceps practice each of these contractions with 50%-60% intensity after some all out 100% killer isometrics. You want to contract the muscles, hard, but just below the point where they are shaking. Hold this for 1-3 minutes and concentrate and feeding the muscle with fresh blood while practicing the deep breathing methods I outline in 7 Seconds to A Perfect Body.
Chapter 6

Bonus Exercises

- Maxick's Original Biceps Routine -

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1. Control of Extensor Muscles of the Arms
2. Control of Extensor Muscles of the Arms (Biceps)
3. Control of the Flexor Muscles of the Arm

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The following are the original photos and instructions used by Maxick to develop his phenomenal arms. Practice these movements EXACTLY as Maxick taught combined with the Isometric Breathing Exercise taught in Chapter 4 of 7 Seconds to A Perfect Body, and behold the most incredible results!

EXERCISE 18

Control of Extensor Muscles of the Arms

From position of repose as shown in Fig. 42, gradually contract, while thinking of them, all extensor muscles of the arms.

It will be observed in illustration my hand is clenched; but contraction of extensor muscles must be performed without assistance of clenching the fists. The beginner had better attempt this contraction with hands held loosely open.

Figure 42
EXERCISE 18 (continued)

Control of Extensor Muscles of the Arms (Biceps)

Now lock arm at elbow, by contracting (and pushing with) triceps (Fig. 43). Retaining locked elbow, push arm backwards as far as it will go. Return to original position (Fig. 43), and bring arm slowly up in hoot of the body right to full stretch above head. Throughout movement concentrate the mind upon keeping the arm absolutely locked, by pushing with the triceps.

EXERCISE 19

Control of the Flexor Muscles of the Arm

Bend the body forward, holding the elbow almost at right angles to the body.

Contract the biceps as shown in Fig. 44.

Note well that the shoulder is dropped low and the upper arm and elbow pushed well away from the body.

This position secures a magnificently full and powerful contraction of the biceps without much effort.

The elbow may be lifted even further from the body, and the shoulders dropped still lower.

This position will enable the student with a well-developed arm to make the forearm and biceps meet.
EXERCISE 19 (continued)

Control of the Flexor Muscles of the Arm

In Fig. 45 a similar position of arm is shown, as Fig. 44 but the biceps is shown full instead of profile.

The student should note that the fist is clenched.

To secure full contraction of biceps, it is absolutely unnecessary to clench the fist, as will be shown in Fig. 46.

EXERCISE 19 (continued)

Control of the Flexor Muscles of the Arm

The contraction of the biceps is still retained with the open hand and a slack wrist (Fig. 46)

I know that beginners will almost instinctively, clench the fist when contracting the biceps the student is therefore advised to attempt.
Chapter 7

How to Perfect Your Whole Body!

The exercises may appear simple, and they are, but don’t mistake simplicity for easiness. They aren’t. Each of these exercises is designed to maximally stimulate the muscles of the biceps. That means you will be straining yourself to the very limit of muscular strength and endurance. If you do not put forward maximum effort with each repetition don’t expect incredible results.

You should be breaking a sweat and your arms should be exhausted jelly by the time you have completed this short biceps building program.

The key to impressive results is INTENSITY. All too often people approach workout programs in a relaxed carefree manner, which is great if you want to relax – but that’s not going to transform your body into a sculpted statue of perfection. You have to be intense. As we learned in Chapter 1, intensity produces results.

So how what is intensity when it comes to isometrics and the exercises above – simple Intensity is EFFORT divided by TIME. Thus the more stimulation you can produce in the shortest amount of time, the greater the results.

As you learn these exercises it’s okay to approach them one at a time and get familiar with how to hold the muscles and do the contractions in time with the breathing. But once you have then it’s time to WORK.

Complete an exercises and contract as hard as you can for 7-12 seconds, then immediately do the next exercises in the sequence. BOOM! No breaks, no rest, just the concentrated application of intense effort. I won’t lie to you this will hard, exhausting work, but it will be over in just a few seconds. The whole routine for 1 body part may be over in just a minute, but you will have worked it like NEVER before.

Take a moment to rest and recuperate if you need it, but understand the longer you rest, the less intense and thus the less stimulation and growth your will develop. A useful exercise I recommend it to time your workouts. And make sure you do not go over this time in subsequent workouts as you will be using less stimulation so need for the body to adapt.

Remember results come with the conscious application of supreme effort.
Of course if you feel any pain, discomfort, dizziness and pressure, stop IMMEDIATELY and make sure you are breathing (many new to this training unconsciously hold their breath, breathing is VITAL, so make sure you do it).

Ideally you should perform these exercises every morning. If you find that you are sore and stiff in your muscles the next day (this is the Delayed Onset of Muscular Soreness, and perfectly normal) don’t train again until that soreness has faded.

Ideally this routine is best used as part of complete system of Isometrics. This generates unstoppable momentum and builds whole body strength and muscle. Generally I recommend a 7 day body part split like this -

- **The 7 day daily rotation** -

This is based on my own program. In this I simply took each muscle per day, and trained it, thus allowing me 7 days off between training that muscle again. For me, this is the optimal program.

- **Monday** – Focus on Neck
- **Tuesday** – Focus on Legs
- **Wednesday** – Focus on Chest and Abs
- **Thursday** – Focus on Back
- **Friday** – Focus on Arms
- **Saturday** – Focus on Cardio and Endurance
- **Sunday** – REST no training.

Or if you wish to focus on really intense arm development and mass building -

**Arm Specialization Routine**

**Monday**

1. **All Arms Exercises**
   a. Single Arm Shoulder Press
   b. Single Arm Front Raise
   c. Single Arm Lateral Raise
   d. Single Arm Shoulder Pullback
   e. Single Arm Triceps Press Down
   f. Tea Table Triceps
   g. Single Arm Bicep Curl
   h. Double Arm Table Curl

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i. Advanced Move – the Cross Arm Contraction
j. Desk Finger Firmers
k. Single Arm Forearm Curls
l. Single Arm Forearm Extension

2. **Forward neck press**

3. **The Trapezius Exercises**
   a. Trapezius Chair Pull
   b. ISO Row

4. **The Pec Low Border Builder**

5. **The Stomach Flattener**

6. **All the Adductor Exercises**
   a. Side Kick Contraction
   b. Adductor Squeeze

7. **Seated Calf Raise**

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**Tuesday**

1. **All Arms Exercises**
   a. Single Arm Shoulder Press
   b. Single Arm Front Raise
   c. Single Arm Lateral Raise
   d. Single Arm Shoulder Pullback
   e. Single Arm Triceps Press Down
   f. Tea Table Triceps
   g. Single Arm Bicep Curl
   h. Double Arm Table Curl
   i. Advanced Move – the Cross Arm Contraction
   j. Desk Finger Firmers
   k. Single Arm Forearm Curls
   l. Single Arm Forearm Extension

2. **Rear Neck Press**

3. **The Rhomboid Exercises**
   a. Upper back Squeeze

4. **The Pec Mid Chest Definer**

5. **The Vacuum**

6. **All the Abductor Exercises**
   a. Abductor Push

7. **Calf Chair Raise**

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**Wednesday**
1. All Arms Exercises
   a. Single Arm Shoulder Press
   b. Single Arm Front Raise
   c. Single Arm Lateral Raise
d. Single Arm Shoulder Pullback
e. Single Arm Triceps Press Down
f. Tea Table Triceps
g. Single Arm Bicep Curl
h. Double Arm Table Curl
i. Advanced Move – the Cross Arm Contraction
j. Desk Finger Firmers
k. Single Arm Forearm Curls
l. Single Arm Forearm Extension

2. Side Neck press

3. The Latissimus Dorsi Exercises
   a. Leg Pull
   b. Standing Leg Pull
c. Book Press

4. The Pec Upper Chest Thickener

5. The Side Bridge

6. All the Quadriceps Exercises
   a. Wall Squat
   b. Cross Leg Contraction

7. Elevated Calf Raise

Thursday
1. All Arms Exercises
   a. Single Arm Shoulder Press
   b. Single Arm Front Raise
c. Single Arm Lateral Raise
d. Single Arm Shoulder Pullback
e. Single Arm Triceps Press Down
f. Tea Table Triceps
g. Single Arm Bicep Curl
h. Double Arm Table Curl
i. Advanced Move – the Cross Arm Contraction
j. Desk Finger Firmers
k. Single Arm Forearm Curls
l. Single Arm Forearm Extension
2. Jaw Jut Flex
3. The Erector Spinae Exercises
   a. Lying Back Extension
   b. The Superman
4. Cross Arm Chest Crush
5. All the Forearm Exercises
   a. Desk Finger Firmers
   b. Single Arm Forearm Curls
   c. Single Arm Forearm Extension
6. All the Hamstring Exercises
   a. Wall Pull
   b. Lying Leg Curl
7. Elevated Tibialis Raise

Friday
1. All Arms Exercises
   a. Single Arm Shoulder Press
   b. Single Arm Front Raise
   c. Single Arm Lateral Raise
   d. Single Arm Shoulder Pullback
   e. Single Arm Triceps Press Down
   f. Tea Table Triceps
   g. Single Arm Bicep Curl
   h. Double Arm Table Curl
   i. Advanced Move – the Cross Arm Contraction
   j. Desk Finger Firmers
   k. Single Arm Forearm Curls
   l. Single Arm Forearm Extension
2. The Bridge
3. Maxick’s Back Exercises
   a. Isolation in Contraction of the Latissimus Dorsi
   b. Single Isolation of the Trapezius Muscle
   c. Double Isolation of the Trapezius Muscle
   d. Controlling of Deltoid, Latissimus Dorsi, and Trapezius Muscles
4. Chest Exercises
   a. McSweeny Twist
   b. The Iso Push Up
   c. The Atlas Push Up
5. Maxick’s Ab Exercises
a. Double Perpendicular Isolation  
b. Central Single Perpendicular Isolation  
c. One-Sided Perpendicular Isolation  
d. Abdominal Rolling

6. Maxick’s Leg Exercises  
   a. Control of the Extensor Muscles of the Thigh  
   b. Control of the Extensor Muscles of the Thigh Continued  
   c. Control of Biceps of Thigh

7. Maxick’s Calves Exercises  
   a. Control of the Biceps of the Thigh, and Gastronomius of the Calf

Saturday & Sun – Rest

While these exercises are incredible for your biceps are only a small part of the body and should ideally be integrated in to a whole body system of exercise. What good is a great back when you have, flabby abs, a sore back, a weak chest and skinny legs? Naturally you can find all the isometric exercises you’ll ever need with 7 Seconds to A Perfect Body, the Complete Secrets of 7 Seconds Series.
Chapter 8

Conclusion

This brings us to the end of this e-book 7 Seconds to Perfect Biceps. I hope you’ve enjoyed learning not only about the most efficient arm exercises ever devised, but a little more of the history and science of Isometrics.

I wish you the best of success with the exercises I’ve included in this e-book. Remember though, that as awesome as your biceps are, they are but one part of the body. And that to ensure complete balance and health one must train each and every body part with equal diligence and success. If you haven’t already, check out 7 Seconds to A Perfect Body where I teach the techniques that will give you firm, hard, flat and functional perfect body in just seconds.

I love hearing from our customers! So if you have ANY comments, questions, or feedback, PLEASE don’t hesitate to let me know!

The fastest way to get your questions answered is to shoot the Isometric-Training.com team a quick email at: CONTACT ME.

To your success,

Batman

P.S. Check out the success Jarell Lindsey one of your fellow 7 Seconds to A Perfect Body members is already having with the program.

I can’t wait to hear your success story!

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