



BIG

READY FOR AN ALL-OUT BICEPS-BOMBING? TOP PROS SHOW YOU HOW TO SLAP INCHES ONTO YOUR ARMS – FAST WITH CELL-TECH HARDCORE™!

Building massive arms – there's no doubt about it, this is a priority for anyone who's ever picked up a dumbbell. Why? Because big arms get noticed! They're the one body part that you can showcase daily and the body part every chick is looking to fondle when they first meet you. So, naturally, they should be your first priority and if they are, today's your lucky day. In the upcoming pages we've compiled some of the most sought after training tips of today's top pros to help you add inches to your arms – fast!



QUIN

Prerequisites to Massiveness

Before we get to the bulk of the matter, to build big arms, you can't forget the basics. First, eat frequently – and frequently means every three hours, everyday. Not three meals one day and then six the next – these top pros down a solid meal every three hours, six times a day. With six small meals a day, you'll ensure you're properly loading up your guns with the necessary musclebuilding nutrients. Secondly, you must train consistently – never miss workouts. Being relentless is absolutely vital. And last, but definitely not least in these top pros' books is intensity. You gotta train balls-to-the-wall style every workout, giving it your all each time you hit the weights. No stopping sets short, you have to dig deep and go insane on the weights every time you battle. Now, here are the size-forging moves these pros are using to add slabs of new muscle onto their guns.

First Class Bicep-Bombing

The first exercise on the road to massive arms is the standard barbell bicep curl – king of all bicep exercises. Nothing fancy, just a straight bar biceps slammin' for these top pros. But with the way these guys train guns, there's nothing basic about this move at all. When size is what you're after, heavy-ass barbell curls hit the meat of the biceps, maximizing growth potential. These top pros say you want to hit two warm-up sets before attacking the heavier loads. Then it's time to move on to three working sets of 10, 8 and 6 reps. Pyramiding up in weight will do the trick of terrorizing your muscles into all-out growth,

but only if it's heavy! Go slow

on the negative, fight it for all it's worth and then "go all out," as Branch would say.

"Explosive" is the only way to hit the lifting portion of every rep on this exercise says Jay, and Johnnie agrees. "You have

to feel that intense burn spreading through your muscle to know that you are shocking it into growth."

TIP

When performing standing bicep curls, use a false grip instead of a standard grip. By placing your thumbs behind the bar you create more stress on the muscle.

Next up, alternating dumbbell curls. As far as Johnnie and Branch are concerned, nothing follows up barbell curls and takes your guns to another level of pain quite like these! For this exercise you gotta "get in the zone," Branch says. Really focus on squeezing the bicep and driving the weight up like a madman. "You want to feel the intensity of the muscle working in this exercise as much as possible," says Jay. Pyramid up in weight for three sets of 10, 8 and 6 reps.

TIP

When performing alternating dumbbell curls, be sure to completely supinate the wrist at the top of the movement.

Now it's time to hit some preacher dumbbell curls – one of the favorites for isolating the biceps and building those mountainous peaks sought after by every bodybuilder. You

“You gotta train balls-to-the-wall in each workout.”

should do these standing. Really focus on the bicep and squeeze hard at the top of the movement. They call these preacher curls for a reason – by the time you finish hitting your peaks, you'll be praying for this workout to end. You want to do 3 sets of 15, 12 and 10 reps.

TIP

When performing preacher curls, ensure you rest your underarm firmly on the pad of the preacher bench and go all the way to the bottom of the movement.

Last up, hammer curls. A great finishing movement for biceps – your muscles will be screaming as soon as you touch the weight. No other arm slaughtering exercise pumps your arms full of blood like this move – it is sure to put the exclamation mark on your assault. Do only 2 sets of 8 and

then 6 reps. Now, these top pros don't advise you stop your biceps-bombing session just yet.

TIP

When performing hammer curls, try them seated to reduce any help from secondary muscles.

Reload your Guns

When a heavy-ass training session like this is all said and done, these guys follow up the weights with the world's most powerful creatine formula – Cell-Tech™ Hardcore. With four anabolically infused matrices working in unison with a potent 75-gram jolt of laboratory-grade dextrose, Cell-Tech Hardcore will have you harnessing the unrivaled musclebuilding power of insulin. "Insulin is one of the most powerful musclebuilding hormones, period," says Branch. And all of these pros insist that if you maximize insulin when you're taking creatine, you'll absorb more musclebuilding nutrients into your muscles, which is what you want to get bigger. These guys have put on some serious muscle since adding Cell-Tech Hardcore to their post-workout routines. "I've added about two-and-a-half inches on my arms!" says Branch. Combined with innovative Nanomolecular Hyperdispersion Technology™, which is designed to rapidly and effectively blast a precise portion of creatine molecules directly to your muscles, only Cell-Tech Hardcore drives monstrous gains in as little as seven days! "I

“Gain an average of 26 times more muscle with Cell-Tech Hardcore than with regular creatine!”

have tried a lot of different creatine formulas," says Johnnie, "and Cell-Tech Hardcore is without a doubt the world's most powerful creatine." In fact, in a 28-day study at an independent research establishment, an extraordinary test subject using Cell-Tech Hardcore gained an astonishing seven pounds in seven days! After only 28 days, subjects in this study gained an average of 26 times more muscle than subjects who used regular creatine (4.34 vs. 0.16 pounds). Results like this make Cell-Tech Hardcore a lethal weapon for any bodybuilder looking to build massive muscle. And with arm training tips from some of the biggest guns in the game, sleeve-splitting biceps can be yours – fast!

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BREAKING ALL MUSCLEBUILDING LAWS



With 44 clinical studies as a testament to its potent ingredients and shocking effectiveness, the power of Cell-Tech Hardcore simply can't be disputed. In one study conducted at McMaster University, test subjects using Cell-Tech Hardcore increased their max bicep curl by 48 pounds in just eight weeks! With an extreme gain in poundage like this,

“Test subjects using Cell-Tech Hardcore increased their max bicep curl by 48 pounds in just 8 weeks!”

just imagine how much more freakish muscle you'll be packing onto your guns! In the same eight-week study, subjects also increased their max bench press by over 30 pounds, and their max leg press by 213 pounds! These guys were slapping muscle onto their frames at seemingly illegal rates!

Since 2004, Cell-Tech Hardcore has been helping Mr. Olympia Jay Cutler up his weights and pack on massive muscle.



Fresh from tendon-snapping preachers, Johnnie follows up with some heavy-ass hammer curls for a full-on biceps assault.

THE BICEP-BOMBING ROUTINE

BICEPS EXERCISE	SETS	REPS	REST
Standing Barbell Curls	3	10, 8, 6	60
One-Arm Dumbbell Curls	4	10, 8, 6	60
Preacher Dumbbell Curls	3	15, 12, 10	60
Seated Hammer Dumbbell Curls	2	8, 6	60

