



9/B

ARM DAY

*HIT THIS TWICE A WEEK
FOR 6 WEEKS AND YOU
WILL SEE GROWTH ON
AVERAGE OF 0.2-0.4
INCHES AROUND YOUR
ARMS*

LEVEL: ADVANCED
'PRO SPLIT'

THE OVERVIEW

The 'Pro Split' is arguable the best split among a few others for **MAXIMISING hypertrophy**. (If you want access to the full pro split, that slots nicely into the same split with this arm day. Contact us on WhatsApp +44 7780 498128)

By this point, You should have a good understanding of tempo, execution and intensity (If not, don't stress, it's all explained here)

The pro split combines the usual body part split, with some of the best parts of a typical PPL split.

Not only that, but the frequency is fairly high running on a 2 on, 1 off approach.

If you are looking to make serious progress within your physique, it would be worth running this program and giving it your all.

You will see noticeable results in strength progression and muscle fullness within 3-4 weeks.

WARNING

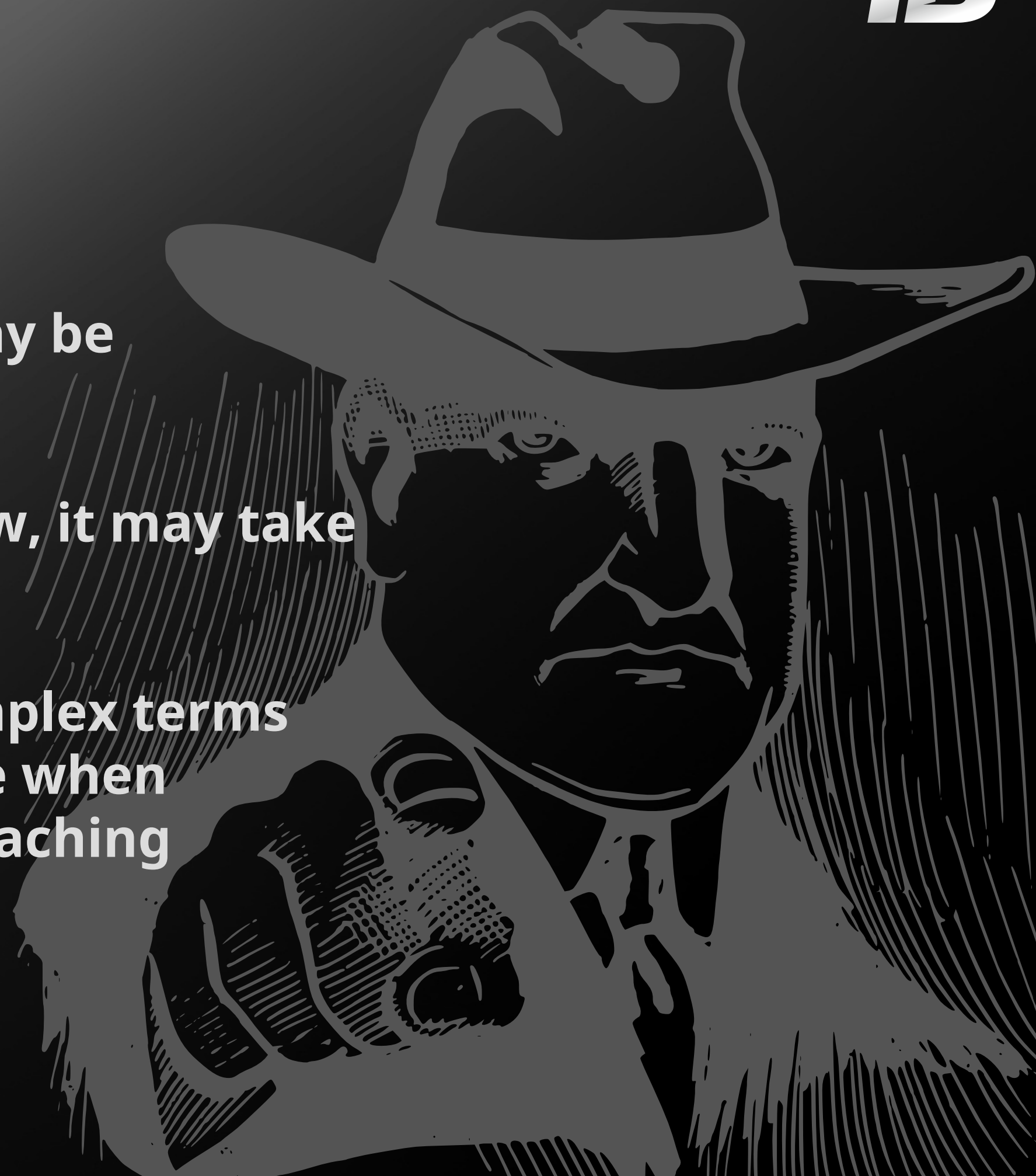
DO NOT Fear the following terms.

A lot of what you are about to read may be completely NEW to you.

The first time you learn something new, it may take time to understand it fully.

This is why we clearly break these complex terms down within our courses and of course when working with our clients 1-1 via our coaching service.

**If you do have any questions...
Visit www.pbfitnessacademy.com**

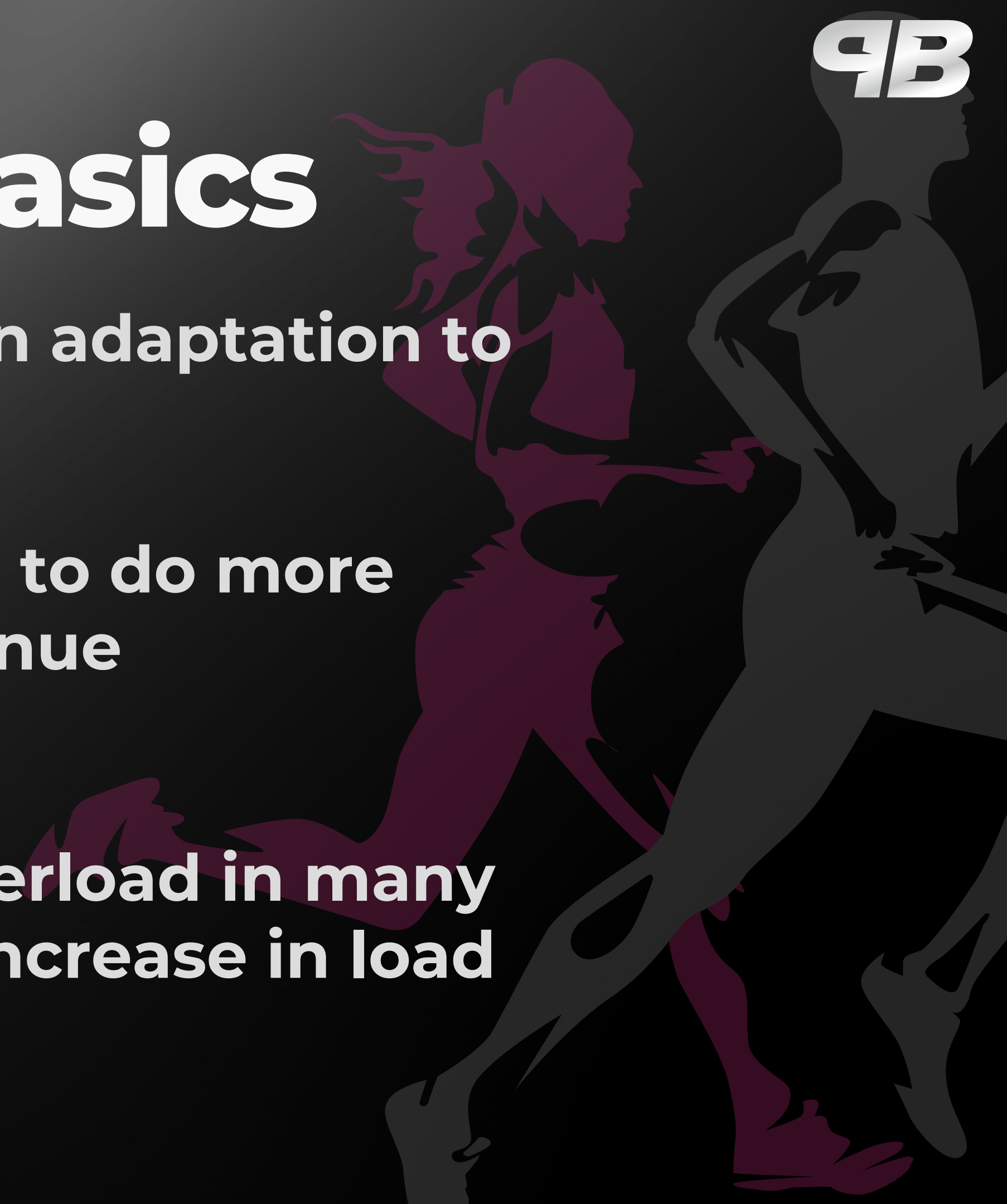


Covering the Basics

Hypertrophy is the result of an adaptation to an unaccustomed stress.

This is why we must continue to do more each session in order to continue progressing.

You can apply progressive overload in many forms, whether it be a small increase in load on the bar or an extra rep.

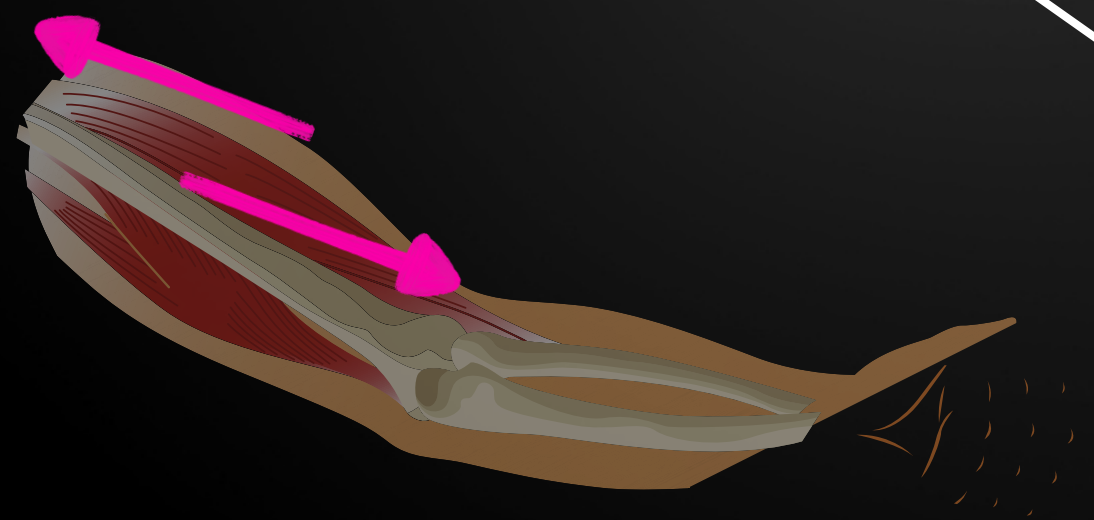


TEMPO & EXECUTION MUST BE STANDARDISED

ECCENTRIC

CONCENTRIC

ISOMETRIC



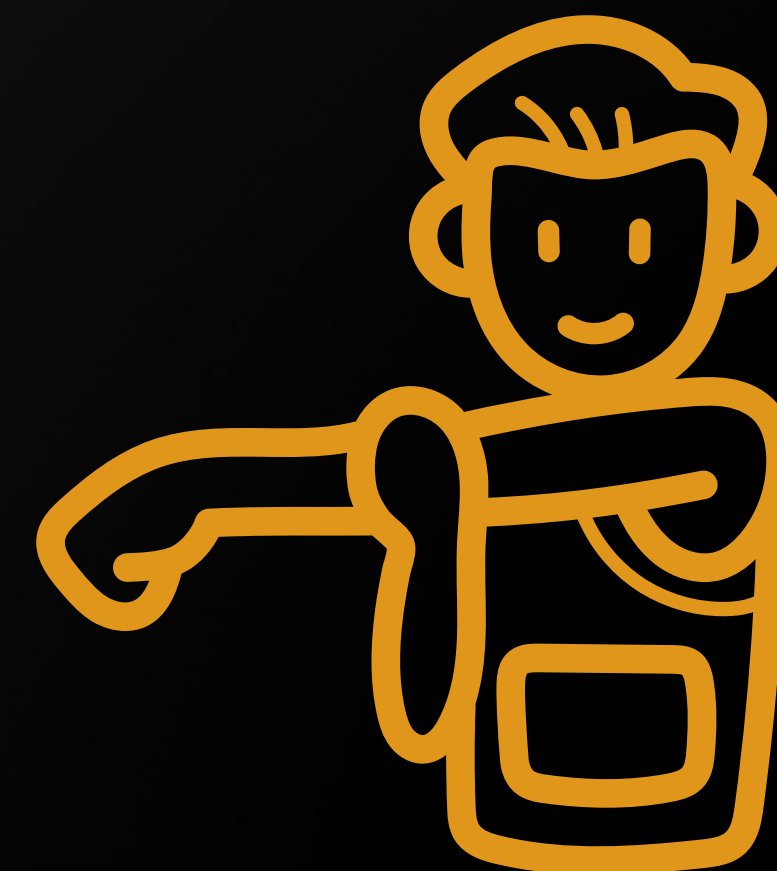
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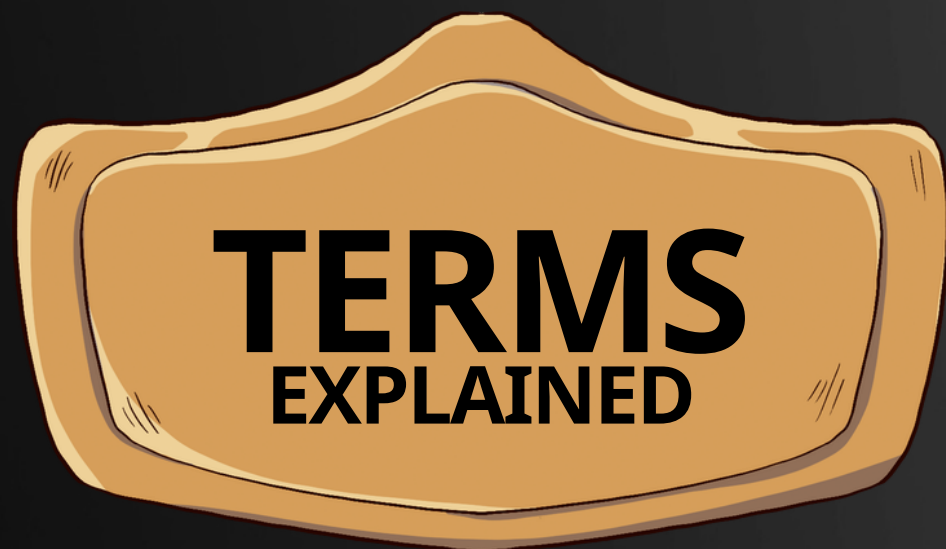
**TERMS
EXPLAINED**

FEEDER SETS

Any set performed with the purpose of warming up. The goal here is to use lighter weight with lower reps to loosen up your muscles. Never to failure or close to it, with the goal of minimising fatigue before the working sets. Feeder sets are extremely important for an effective training session by allowing you to build up to your first working set as safely as possible. Using a feeder set will allow you to mentally prepare yourself for what is to come. It will promote increased blood flow to your muscles which will help improve their efficiency and responsiveness which can lead to an increase in performance. They should take place before every exercise until you feel ready to perform the first working set.

- **NEVER to or anywhere near failure**
- **Allows time to settle into and 'feel' the exercise**
- **Prepares the CNS from a loading standpoint**
- **Reduces the risk of injury**
- **Maximises the chances of progression**





WORKING SETS

The sets that count, the sets that should always be logged, the sets that you must progress at all costs! Every single working set must be taken to failure, unless your coach has stated otherwise. You will be asked to log every working sets (weight x reps), once the benchmark numbers are set you must do all you can to progress those numbers. You will be given a guide on the program of what rep range to aim to fail between. This will give you an idea of what load to select, however, once the load has been selected you must take that set to complete failure, regardless of whether that forces you to land inside or outside of the desired rep range. Remember your muscles do not recognise if you landed on a specific number, but it does recognise the stressor that is muscular failure. This will force the adaptation we desire.

- » Always to failure unless stated otherwise
- » Progressive logbooking is the goal
- » Tempo and Execution should be standardised
- » The final 3-5 reps causes the desired trigger
- » The sets that count...



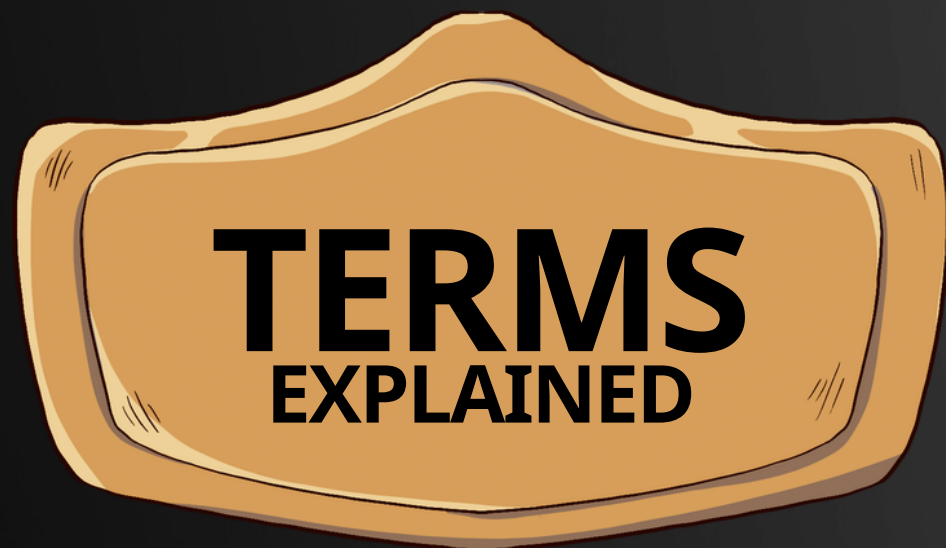
**TERMS
EXPLAINED**

TOP SETS

The top set is the heaviest working set of the exercise. This is where you will be able to lift the most amount of weight to reach your rep range, and naturally from here on your strength will drop. You should not be able to perform the same load for the same number of reps for consecutive sets if you are hitting true failure. This set is performed after your feeder / warm ups sets and the purpose of the top set is to challenge your muscles and CNS to handle a heavy load and push the driver of muscle damage. This stimulates your muscles which will result in strength development and muscle mass increase. This should only be prescribed to those that can truly hit failure and handle load with safety!

- Always to failure unless stated otherwise
- Muscle Damage is a big driver!
- Client must be skilled enough to perform
- Intensifiers should rarely be added
- Intense focus required, risk of injury is higher





BACK OFF SETS

The back off set is the set or sets that you will perform after the top set, it's essentially a lighter load following a heavier load. This set will be a greater rep range for you to hit which means that you will need to reduce the load by 15/30% following top sets to allow for more reps. We would use the back off set to take advantage of the CNS adaptation to boost performance on a lighter load. The goal of this set is to trigger metabolic stress and boost overall volume in a safe environment. You can also take advantage of training to true failure here if you have the skillset to push this all the way to failure, collecting more effective reps, triggering mechanical tension and muscle damage which will lead to a ton of growth.

- » Always to failure unless stated otherwise
- » Metabolic Stress is a big driver
- » Muscle Damage & Mechanical Tension is high
- » TUT & Volume will build here
- » Intense focus required, risk of injury is moderate



**TERMS
EXPLAINED**

PRIMING SETS

Using a priming set is to push as much blood in the muscle as possible whilst also pre-exhaust the muscle. This is a fantastic tool to recruit more muscle fibres 'lighting the muscle up' prior to moving into a top set. The load will take a hit on top sets, but providing you are training to failure the response may even be greater if the connection is improved. Very similar to using an isolation prior to a compound to guarantee the targeted muscle will hit failure first, we would use priming sets prior to top sets to guarantee the muscle is taking the load and not the joint and surrounding tendons. Very advanced and strong athletes may benefit from priming sets, this can reduce the risk of injury as your muscles and joints are primed and prepared for the stress.

- Always to failure unless stated otherwise, not a feeder or warm up set!!
- Mechanical Tension & TUT is the goal
- Preparing the CNS for what is to come!
- Reduces the risk of injury
- Should be strategically used depending on the client



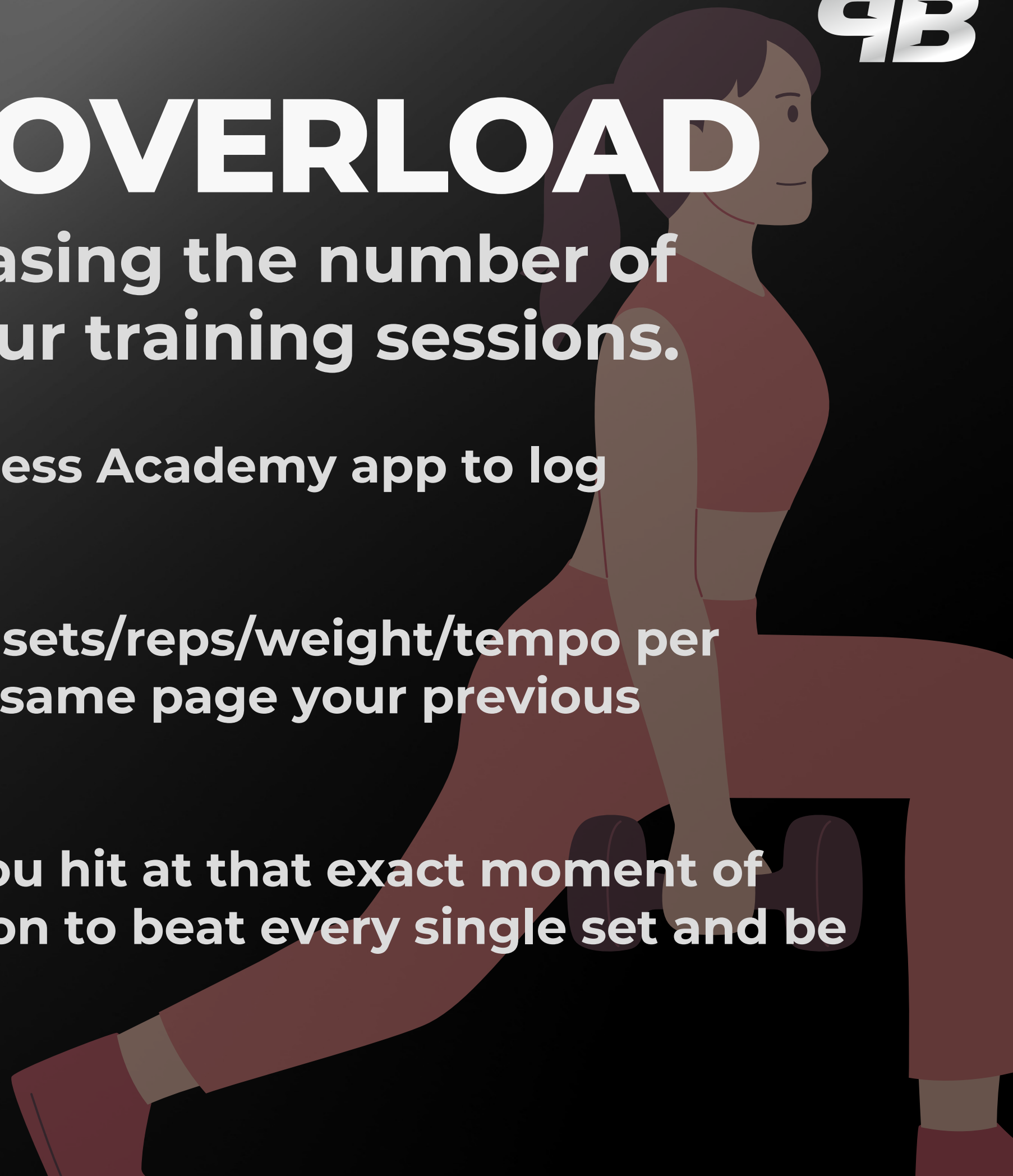
PROGRESSIVE OVERLOAD

Definition: Consistently increasing the number of reps, weights or volume in your training sessions.

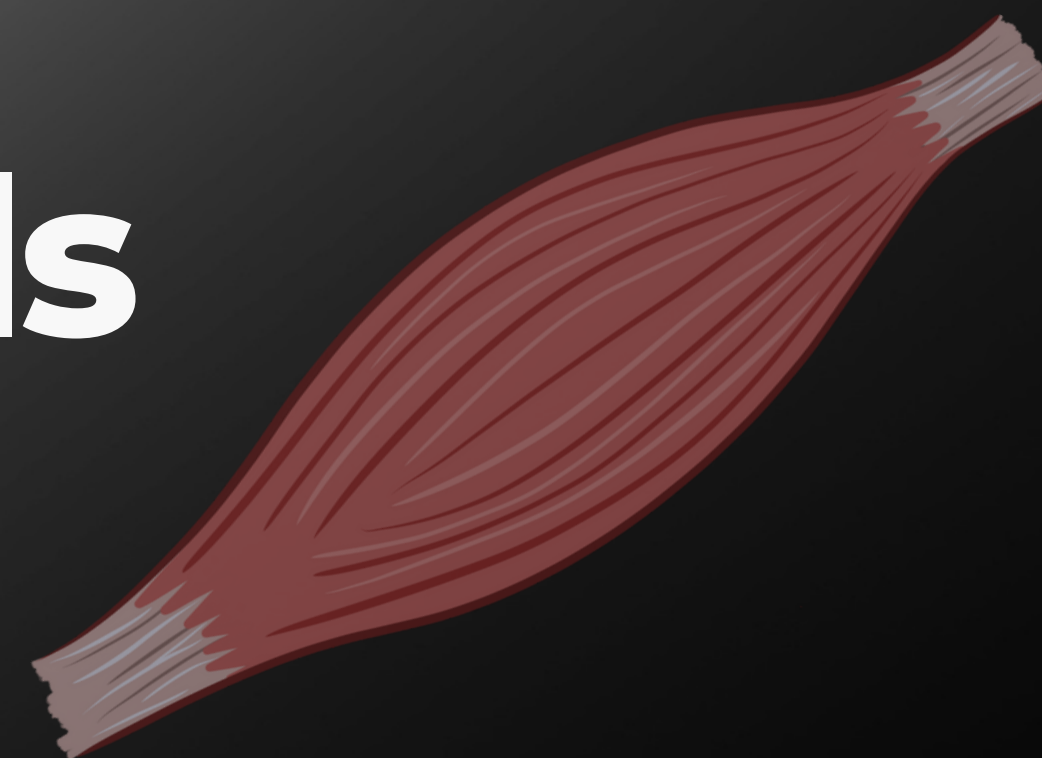
This is why we have created the PB Fitness Academy app to log workouts in such a specific way.

Not only are you able to track the usual sets/reps/weight/tempo per exercise but, you can clearly see on the same page your previous sessions of that rotation.

This allows you to know exactly what you hit at that exact moment of the previous session, boosting motivation to beat every single set and be better than you were yesterday!



Measurement Tools



Weights

The weight/load being used for each set.

Reps

The number of reps completed each set.

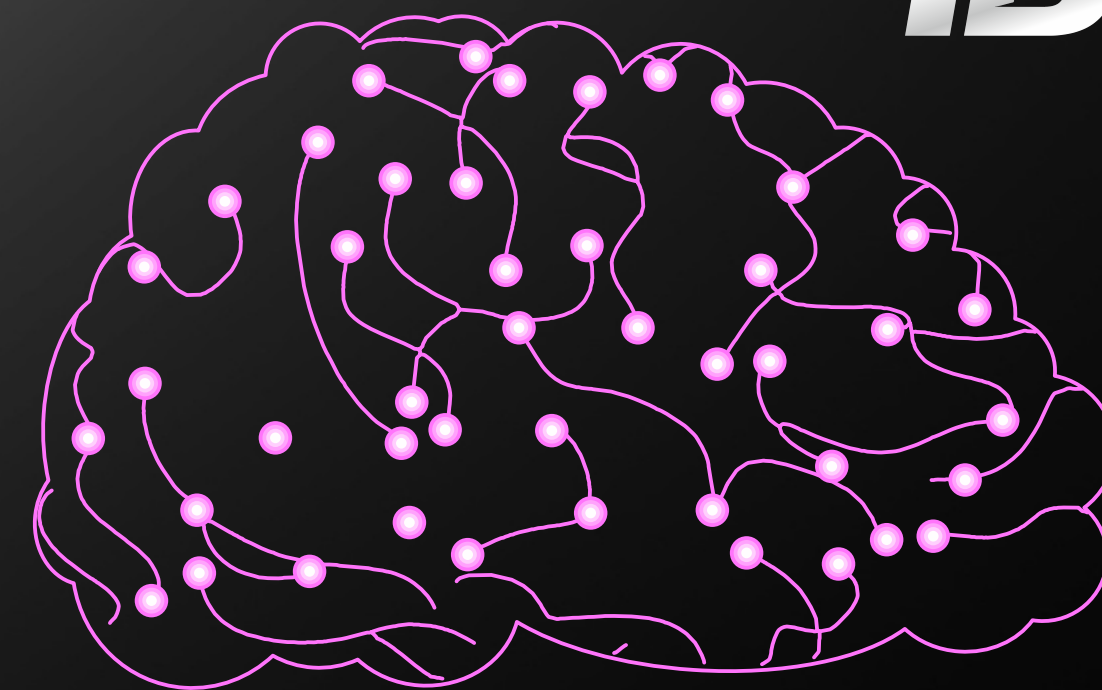
Volume

The total load lifted calculated via $\text{Weights} \times \text{Reps}$.

Ex. $140\text{kg} \times 10 \text{ Reps} = 1,400\text{kg Volume}$.

WAIT! There's more...

These must stay constant to achieve true progressive overload...



Execution

Technique/form of the exercise. This improves over time as you develop the skills and neural adaptations take place.

Tempo

The time spent in each phase of contraction. Ex. Eccentric, Isometric, Concentric AKA 4-1-2.

Intensity

The ability of the individual to train close to muscular failure.

FINALLY... TEMPO EXPLAINED ^{9/B}

TEMPO: You will see tempo stated on your plan like this '4-1-2'. The numbers stand for the amount of time (in seconds) that you should spend in each phase of contraction for example 'eccentric-isometric-concentric'.

CONCENTRIC: This is when the muscles shorten / contract. This is what most people think is a 'contraction'. That is because this is the contraction tested for strength. The concentric phase of the lift is for example on the bench press when you are pushing the bar up. Surprisingly, this is the weakest type of contraction, this is why if you are testing your 1-Rep-Max on the Bench Press - you may be able to bring the bar down slowly but unable to push it back up. This is due to the Concentric phase being weaker than the downward (Eccentric) phase, bringing me on to the next contraction.

ISOMETRIC: This is the most uncommonly trained contraction but again is stronger than the most common concentric contraction. This is when the muscle doesn't lengthen or shorten during contraction it stays the same. This can be simply exercised by pausing and holding the weight in one place e.g pause squats.

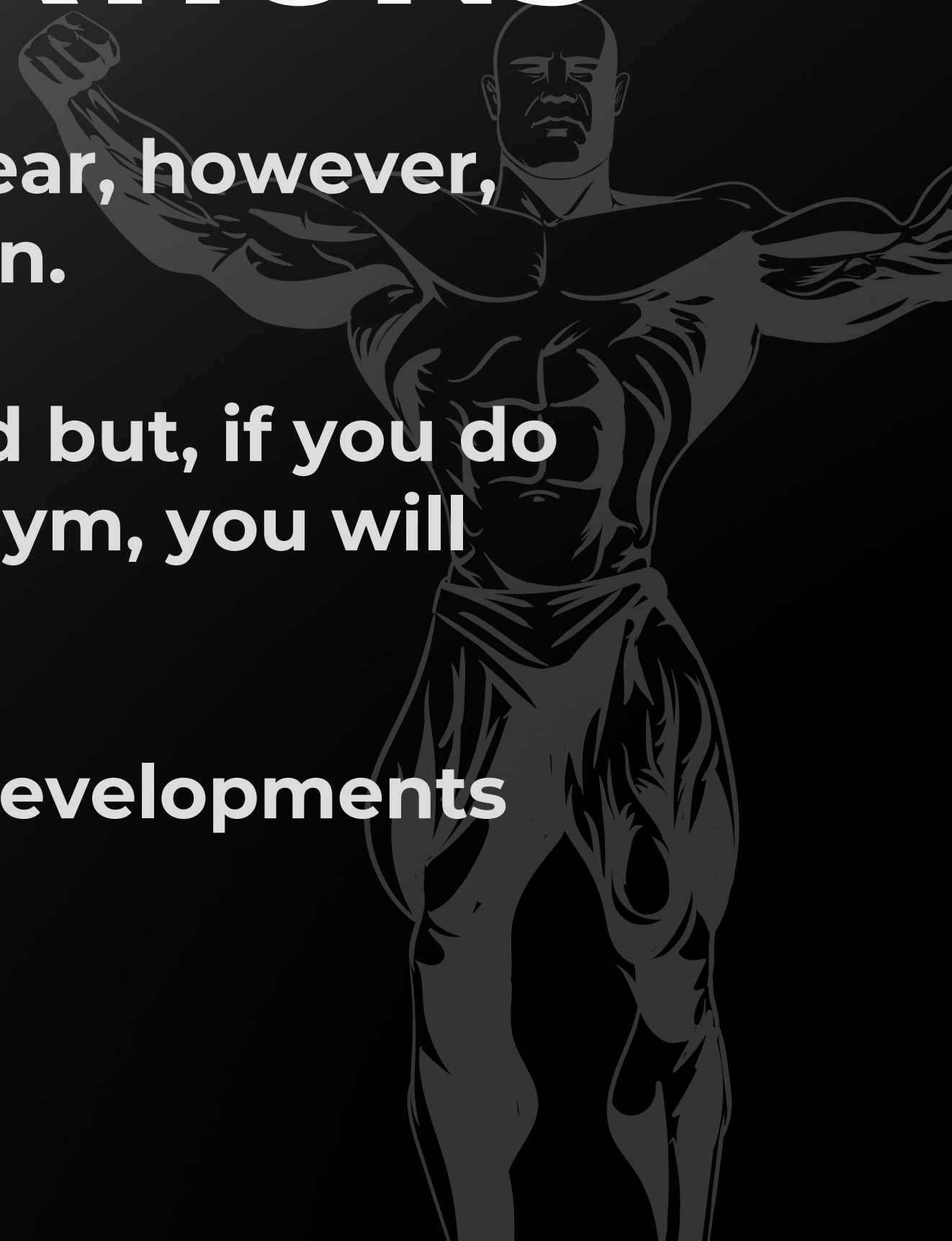
ECCENTRIC: This is when the muscles lengthen during contraction, and arguable the greatest phase of contraction for muscle hypertrophy. This is the downward phase of the bench press and is believed to be around 4x stronger than concentric contraction. This is the reason you can control heavy weight down to your chest on the bench but can't push it back up. This can be trained by slowing down the eccentric phase of the lift during any exercise, therefore instead of dropping the weight straight after deadlifting the bar off the ground; don't drop it but slowly lower the bar back to the ground.

SET YOUR EXPECTATIONS

Remember that progress is not always linear, however, you must do all you can to force adaptation.

Not every week will see an increase in load but, if you do everything in your control outside of the gym, you will see progression over time!

That is the secret to seeing changes and developments in your physique.





PRO TRAINING PLAN - ARM DAY

EXERCISE	DESCRIPTION/LINK	SETS	REPS	TEMPO	FEEDERS
CABLE ROPE EXTENSIONS	Set the cable at the highest setting with a rope attachment. Stand back from the cable with a strong stance and body position. Grip the rope and move yourself into the starting position with your upper body leaning slightly over and locking your upper arm directly vertical to the ground. Keep your upper arm and elbows fixed in this position throughout the set. Concentrically contract to fully extend the arm, squeeze the tricep hard and slowly control the eccentric.	4	12-15	2-1-2	1-2
CABLE ROPE CURLS	Set up the cable machine at the lowest setting with a rope attachment. Grip the rope in the most comfortable position for you whilst keeping your wrists neutral throughout. Stand back from the machine until you take the weight with your arms fully extended. Begin the set whilst keeping your upper arms and elbows locked into the same position and maintain that throughout the set.	4	12-15	2-1-2	1-2
CABLE CUFFED CROSS BODY TRICEP EXTENSIONS	Set the cable at the highest setting with a cuff attachment. Stand back from the cable with a strong stance and body position, facing side on to the machine. Grip the cuff and move yourself into the starting position with your upper body leaning slightly over and locking your upper arm directly vertical to the ground. Keep your upper arm and elbows fixed in this position throughout the set. Concentrically contract to fully extend the arm, squeeze the tricep hard and slowly control the eccentric.	2	Top Set 6-8 Back Off 12-15	3-1-2	1-2
UNILATERAL CABLE D-HANDLE PREACHER CURL	Set up an incline bench facing the cable machine. Set the cable machine at one of the lower points so that the line of the cable is parallel to the incline bench. Grip the D-handle and fix your upper arm on to the top of the incline bench whilst facing the cables. Keeping your upper arm fixed to the bench throughout the set, concentrically contract and squeeze the bicep, supinating at the top for maximum contraction. Control the eccentric phase very slowly as far as you can without fully extending the arm, this will keep constant tension on the bicep (completely locking out will lose tension)	2	Top Set 8-10 Back Off 10-12	3-1-1	1-2
DB SEATED OVERHEAD EXTENSIONS	Retract your scapula and press back hard into the bench, whilst pressing your feet hard into the ground to create a stable strong base. Let your upper arms lean back slightly, do not hold them completely vertical as this will take tension off the triceps at the top of the movement. Control the eccentrics down slowly in your active range, pause slightly at the bottom before pressing the dumbbell. Focus on the lengthend range here.	2	Top Set 6-8 Back Off 12-15	2-1-2	1-2
STANDING EZ BAR CURLS	Stand in a strong position. Keep elbows fixed with your upper arm staying vertical to the ground throughout the set. Use slight momentum on the concentric, contract hard at the top whilst supinating fully. Slowly control the eccentrics. Remember to initiate supination of the wrist at the start of the movement.	2	Top Set 4-6 Back Off 8-10	2-0-1	1-2
CABLE ROPE OVERHEAD EXTENSIONS	Set the cable at the highest setting with a rope attachment. Stand facing away from the cables, lean back and press your glutes into the cable machine for support whilst leaning your upper body forward. Grip the rope and move yourself into the starting position with your upper body leaning over and locking your upper arms as high as possible without flaring the elbows. Keep your upper arm and elbows fixed in this position throughout the set. Concentrically contract to fully extend the arm, squeeze the tricep hard and slowly control the eccentric.	3	Priming 12-15 Top Set 8-10 Back Off 15-20	2-2-2	1
BILATERAL LOW CABLE D-HANDLE STANDING CURLS	Set the cable machine at one of the lowest points. Grip the D-handle facing away from the cables and take two steps forward to create a 30 degree angle with your upper arm hanging behind your torso in line with the cables pointing towards the bottom of the stack. Keeping your upper arm fixed in this position throughout, concentrically contract and squeeze the bicep, supinating at the top for maximum contraction. Control the eccentric phase very slowly as far as you can without fully extending the arm, this will keep constant tension on the bicep (completely locking out will lose tension).	2	Top Set 8-10 Back Off 10-12	3-1-2	1

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