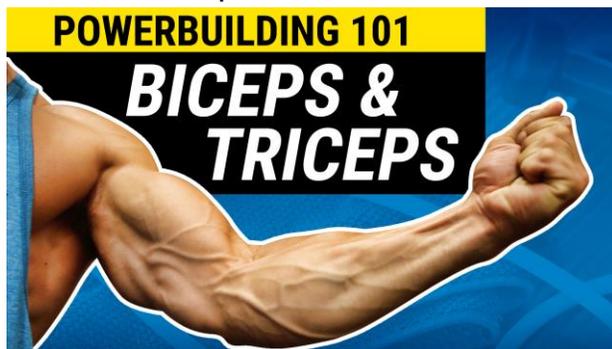


POWERBUILDING 101 BICEPS & TRICEPS | EXPLOSIVE ARM GROWTH!



www.MuscularStrength.com/BrianDeCosta

Hey what's up guys and welcome back to my **5 WEEK POWERBUILDING** program! This program was designed to help you build some serious strength & muscle at the same time and you can do it whether you're a beginner or an advanced athlete! This is because my program works off of your **1 rep max percentages** and as you go through the workouts you'll be steadily increasing your weights each week. Then on week 5, you'll be retesting your 1 rep max on your squat, bench and deadlift so that you can rework your numbers and repeat the program again for another 5 weeks.

But unlike the other routines, there's no strength percentage training today. This workout is all about targeting your biceps & triceps with a lot of volume to spark muscle growth. Also, please pay close attention to the layout of this routine as you'll be training with the same workout on **DAY 5 & DAY 15**. So make sure you pay attention to proper form on all the exercises and give this workout everything you've got!

This Routine Requires:

1. Barbell
2. Machine
3. Dumbbells

List of Exercises:

- Rest 45 - 60 seconds between sets on **M1 – M9**
- **Aerobic Warm-Up (Before Training)** - 10-minute slow jog (5 - 6mph) on treadmill or 10 minutes on Stairmaster.
- **Anaerobic Warm-Up (Before Training)** - 3 sets of shoulder rotations with a 5 - 10lbs dumbbell.

- Focus on staying in the rep range and maintaining good form. Decrease the weight mid-movement if necessary.

M1: Alternating Dumbbell Curl (Warm-Up) (2 sets: 8 - 10 reps) - LIGHT WEIGHT

M1: Alternating Dumbbell Curl (4 sets: 10 reps) - Set 1 = Drop Set* / Set 4 = Until Failure*

M2: Triceps Pushdown (Rope) (4 sets: 12 - 15 reps) - Set 1 = Drop Set* / Set 4 = Until Failure*

M3: Seated Alternating Hammer Curl (4 sets: 10 reps) - Set 4 = Until Failure*

M4: Single-Arm Dumbbell Triceps Kickback (4 sets: 10 reps) - Set 4 = Until Failure*

M5: Preacher Curl (3 sets: 10 reps) - Set 3 = Until Failure*

M6: Dumbbell Overhead Triceps Extension (3 sets: 10 reps) - Set 3 = Until Failure*

M7: Straight-Bar Curl (3 sets: 12 reps) - Set 3 = Until Failure*

M8: Skull Crusher (3 sets: 10 reps) - Set 1 = Drop Set* / Set 4 = Until Failure*

M9: Diamond Push-Up (3 sets: Until Failure)

*If you complete all your reps but still have some energy left, squeeze out those last few reps

*Complete required reps, lower the weight, and then complete required reps one more time

IMPORTANT: Remember that your [MEAL PLAN](#) will determine 100% of your results! Be sure to check out the 8 minute demo for the MS Meal Plan.

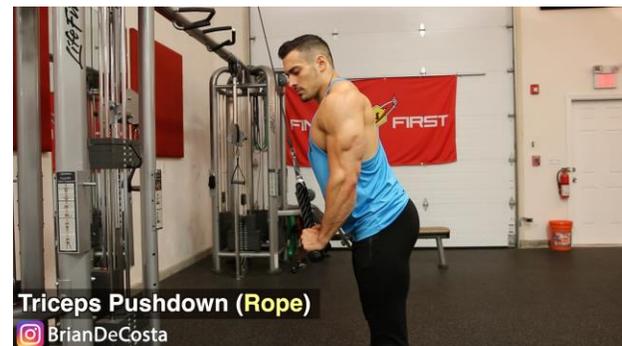
Be sure to download the program calendar so you know which days to do each workout and for those of you who would like more guidance I do offer 1 on 1 coaching and I would love to personal help you if you need it! Just be sure to e-mail me at Brian@BrianDeCosta.com for more information. Train hard guys!

BRIAN DE COSTA

EXERCISE 1



EXERCISE 2



EXERCISE 3



EXERCISE 4



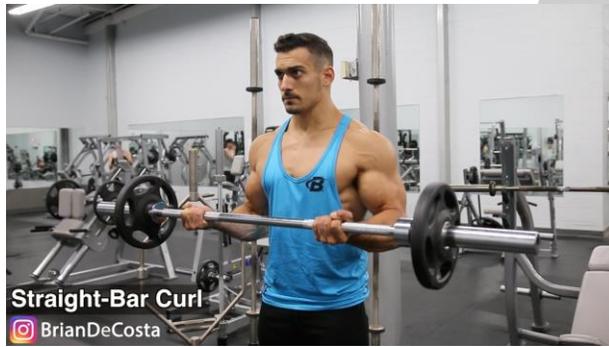
EXERCISE 5



EXERCISE 6



EXERCISE 7



EXERCISE 8



EXERCISE 9

