

**-Special Report-**

# **Hellboy Biceps Routine**

## **How to Build Demon Biceps**

**By**

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**W**elcome to your Hellboy Biceps Routine!

Now, while I can't promise you arms like the comic-book character Hellboy, I can share a biceps workout with you that comes straight from the fiery pits of hell.

However, I should warn you... it will challenge you. But if you are brave enough to take it on, you can expect to see some scary new growth on your guns.

## **Terrifying Tale of the Tape**

**But before we get started, I want you to do something for me. Get a tape measure. Why? Because for this**

**routine to work, it's important you measure and record the circumference of your flexed upper arms.**

Now enter both of these numbers (yes, they will likely be different) on your calendar and mark off a two-week period that you can devote to this routine.

And here is where the hellish part comes in...

It's your job to totally ignore your usual workouts and train this routine - and ONLY this routine - for two consecutive weeks.

**That's four workouts. Nothing else.**

Got it? Good.

Then, following these four workouts, rest two days and retake your measurements. Now compare the numbers.

Simple.

So how will you do? With some hard work and a routine direct from Lucifer's lair, I reckon you'll have arms even Hellboy would be proud of.

## **Hellboy Biceps Routine**

**The Hellboy biceps routine you are about to undertake is an adaptation of exercise researcher Ellington Darden's "Stage Reps for Bigger Arms"... only you are getting it served with a demonic twist.**

Why a twist?

Regular readers of my newsletter who have tried "Bodybuilding Blackjack for Bigger Biceps" will be familiar with what's coming next.

Using the magical powers of **partial repetitions**, we're going to add them to a further, second training technique that will literally turn your bi's and tri's to molten lava.

Bodybuilders call this "fiery feeling" the pump. But sadly their description does what you are about to experience a disservice. Instead, imagine devilish imps jabbing you with flaming-hot pitchforks!

## **Four Fiery Exercises**

**So what does this “demonic” routine look like?**

Your routine consists of a one-repetition very slow chin-up, immediately followed by a 12-rep partial biceps curls. Then, you will be performing another very slow dip (a personal favorite of mine) followed by a 12-rep partial triceps extension.

**That's it. Just four exercises.**

And if you tackle this fearsome foursome as I am about to describe them to you, your reward will be new bully beef on your biceps.

Now let's take a look at these four exercises in detail:

## **1. Super-slow chin-up.**

Things you'll need: a chin up bar and a timer.

The idea is to do the positive (top) part of a chin-up as slow as you possibly can. Then, slowly lower yourself to the bottom at the same timed speed. So, if you took 30 seconds to pull up, your goal is to take 30 seconds to lower down.

Darden suggests if you can do at least 6 (normal) chin-ups, then your target can be 30 seconds up and 30 seconds down. And if you can perform 10 or more? Then try 45 seconds for both the positive and negative phases.

## **2. Partial-rep biceps curls.**

Things you'll need: a barbell for curls.

But before we can start, we need to understand what partial repetitions are:

In simple terms, a partial repetition is performed by lifting a weight in the strongest half of the movement. Since the range of motion is sliced in two, and you are lifting through the easiest half, you can use a lot more weight. You will also find yourself capable of lifting these heavier weights faster than normal.

Where do you find them?

- In the upper-body pulling movements, it's the first half of the movement, beginning with straight arms. So, in a chin-up, you would go from a full hang to the halfway

point where your elbows are flexed at 90 degrees.

- In the upper-body pushing movements and the squat, it is the last phase from halfway to lockout.
- In the deadlift, your strongest range of motion is the pulling phase from your knees to lockout.
- In the biceps curl, your strongest range of motion would go from the bottom position to the halfway point where your elbows are flexed at 90 degrees.

### **How do you perform partials?**

You want to aim for approximately 12 partial repetitions in 30 seconds. This will guarantee that you are moving the weight at a smooth, controlled and rhythmic tempo with no jerking or yanking.

### **3. Super-slow dip.**

Things you'll need: a dipping bar and timer.

Just like in the chin-up exercise, your goal is to perform the movement as slowly as possible. Begin at the bottom, and slowly... creep up inch by inch. Aim to reach halfway at 15 seconds. Then, as you near lockout, start the negative phase.

Again, your target is to take the same number of seconds as you return to the beginning. If you can do at least 6 (normal) dips, then your goal can be 30 seconds up and 30 seconds down. And if you can perform 10 or more? Then try 45

seconds for both the positive and negative.

#### **4. Partial-rep triceps extensions.**

Things you'll need: a dumbbell.

By now you will feel those devilish imps we talked about jabbing your arms with flaming-hot pitchforks. But don't worry. We're almost finished.

Grasping a dumbbell in both your hands, press the bell over your head to near lockout. Now smoothly lower the weight until your elbows are at right angles, and smoothly push the dumbbell back up again.

Keep going until you hit 12 repetitions. If you get more, then increase the weight next time. And if you get less? Lower the load.

After you have completed the last rep, Darden suggests you go get yourself a drink of water. Following such diabolical deeds, I whole-heartedly agree with him!

### **What Now?**

So what happens now? You go and rest. Then, in 3 days time, you tackle this terrifying arms builder all over again.

Once your two weeks (and four workouts) are up, take a couple of days off to completely recover. On the third day return to your calendar and record your new measurements. Compare the before and after figures. How much bigger are your arms?

If you did a good job, don't be surprised to see an inch (or more). These are fantastic results that show the amazing power of abbreviated training.

You braved a challenge from the fiery pits of hell, and now victory is yours.

Well done!

**Thanks for spending your valuable time reading this report 😊**

**Lee**

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