

**-Special Report-**

# **Bodybuilding Blackjack**

## **Your Blueprint for Bigger Biceps**

**By**

**Lee Driver**

[www.ordinary-joe-muscle-building.com](http://www.ordinary-joe-muscle-building.com)

**I** **magine if you were James Bond for a day...**

Surrounded by fast cars and beautiful women, your favorite place to unwind - when you're not beating up the bad guys - is the casino. Dressed to kill in your tux with your shaken not stirred Martini, you take your seat at the Blackjack table and start to play.

And very soon your betting chips begin to mount up. An excited crowd gathers to watch at your elbow. The croupier glances away anxiously as they flip the cards to reveal... **you win again.**

Sounds exciting! Now, how would it feel to know that you cannot lose? What would it be like to hold the winning hand... *every single time?*

**But wait... that kind of stuff only happens in the movies.**

Yet what if I was to say you can stack the bodybuilding odds in your favor too. It's true. And the best part? The strategy I am about to share with you is really simple, so just like James Bond, you effortlessly end up holding the winning hand.

## Betting You Want Bigger Arms

**If I was to place a bet with you, chances are you would want bigger arms.**

Why is that? Well, along with a manly chest, bigger biceps just happen to be one of THE most desirable body parts for guys. And if you train your arms, what are you gonna do? Yep. You got it. You do curls.

But what if you are an experienced lifter? Then it is highly likely that you have tried 21s.

## Training with 21s

**21s isn't only another name for Blackjack.**

For those who don't know them, 21s is also a strategy that splits the range of motion of a biceps curl into three mini-sets: bottom range, upper range, and full range. Why 21s? That's simple, as seven reps of each range are performed per set.

If you have tried traditional 21s before, you will be well aware

of the brutal pump this type of training creates - it's a classic hypertrophy technique that works like a charm.

Yet did you know that there is a technique you can use which makes 21s even more effective? The result: you end up holding all the aces in your quest to build bigger arms.

## How to do Reverse 21s

**The exercise you are going to be using is called reverse 21s.**

To explain how this little known strategy works, let's first take a look at traditional 21s...

1. Perform 7 bottom-half partials with arms fully extended and curl halfway.
2. Now immediately follow this by performing 7 top-half partials and lower these halfway.
3. Finally finish with 7 full-range reps.

With me so far? Excellent. Now, this exercise is a high-intensity hypertrophy tool, but it also hides a very big problem.

You see... the exercise is ass backwards. What do I mean by that? Well, if you perform this technique as we have just described, you are failing to maximize this strategy to its full potential.

**Here is where things go badly wrong:**

By beginning in the bottom-half of your partial rep, then top-

half, and finally your full-rep, you are putting yourself in your weakest mechanical position. A far more **effective way to perform 21s** is to REVERSE that order.

This would therefore see you performing your curls something like this:

1. Perform 7 full reps.
2. Now perform 7 top-half partials.
3. Finally, finish with 7 bottom-half partials.

No longer ass backwards, you have made the 21s technique super-effective... but perhaps more importantly, you have *stacked the odds for this biceps builder in your favor and now hold the winning hand.*

Next time you train arms, why not give this version of 21s a try? I guarantee they'll leave your guns like James Bond's Martini – shaken not stirred!

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

**Lee**

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