

The image is a vertical split. The left side shows a man in a grey t-shirt and black pants with a white stripe, sitting on a gym machine and working out. The right side shows a shirtless, muscular man with blonde hair, flexing his biceps and abdominal muscles. He is wearing black pants and white sneakers. The background is a gym with various equipment.

ONE
COACHING

ARMS ACCELERATOR

GET STARTED



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TRAINING OUTLINE

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DAY	SESSION
MONDAY	Upper A
TUESDAY	Lower
WEDNESDAY	Rest
THURSDAY	Upper B
FRIDAY	Rest
SATURDAY	Delts & Arms
SUNDAY	Rest

VOLUME LANDMARKS

MUSCLE	SETS/WEEK
BICEPS	13
TRICEPS	16
CHEST	9
BACK	12
DELTS	16
QUADS	6
HAMSTRINGS	6
GLUTES	6
ABS	8

↓ SESSION 1



	EXERCISE	SET	REPS	REST	NOTES	TEMPO
A	INCLINE DB BENCH PRESS	3	6-10	120s+	Keep your lats tight and shoulders down. Contract the glutes and ensure you have a good point of contact through the floor. Draw the DB down toward the chest (elbow position will be based upon your activeROM), pause in the bottom portion and focus on initiating from the chest, driving your elbows and biceps together across to the midline of the body. Keep bench around a 30-40 degree angle.	3010
B	MACHINE DIP (Bodyweight if not available)	3	10-15	120s+	Position: Sit with your back against the rest, feet flat, and grip the handles with elbows slightly bent and close to your torso. Start: Grip the handles with elbows tucked in. Dip: Push down to straighten your arms, engaging your triceps, chest, and shoulders. Lower: Slowly return to the start by bending your elbows, feeling tension in your triceps and chest. Stretch Pause: Briefly hold at the top of the movement.	3010
C	PRONE DB ROW (ELBOW TO HIP)	3	6-10	120s+	Set the bench at a 30-40 angle and set yourself up lying chest down at the top of the bench. Keeping your chest tall and shoulders pinned back focus on drawing your elbows back towards the base of your spine.	3110
D	INCLINE DUMBBELL CURL	4	2 x 6-10 2 x 10-15	120s+	Sit on an incline bench with dumbbells in each hand, arms fully extended, and palms facing forward. Keeping your upper arms stationary, curl the dumbbells toward your shoulders by bending your elbows. Squeeze your biceps at the top, then slowly lower back to the start.	3110
E	CRUCIFIX CABLE PUSHDOWNS	4	2 x 6-10 2 x 10-15	120s+	When pulling, you want the X position of the cables to run directly through your elbow. If you were to stand behind yourself, you'd want to see your arms and cables directly in alignment. Hinge with your elbows to release and drive outward to create the X, not downward.	3110
F	CUFFED LATERAL RAISE	4	2 x 6-10 2 x 10-15	120s+	Slight elbow bend, draw & initiate from the shoulders not hands. Your thought process here is up and away, not up and down. Stay within active range to keep upper traps out of movement.	3110

	EXERCISE	SET	REPS	REST	NOTES	TEMPO
A	BARBELL RDL	3	6-10	120s+	Stand with a barbell in front of your thighs, feet hip-width apart, and a slight bend in your knees. Hinge at your hips to lower the barbell down your legs, keeping your back straight. Lower until you feel a stretch in your hamstrings, then drive your hips forward to return to the start.	3010
B	LYING HAMSTRING CURL	3	8-12	120s+	Drive your quads down into the pad and focus on drawing your heels up as close to your bum as possible initiating from the hamstrings. Ensure you keep your hips stationary throughout and you brace hard using your upper body. Contract and squeeze in the top range and focus on drawing your heels as far away from your glutes as possible through the eccentric.	3110
C	LEG PRESS	3	6-10	120s+	The lower your foot stance the more bias you'll place onto the quad. The key thought processes here are to shift your hips back, drive your knees wide, drive hard through your feet and drive bum down hard into the pad. Control the load throughout, especially through the lowering portion of the movement	3010
D	LEG EXTENSION	3	8-12	120s+	Sit on the leg extension machine with your back against the pad and knees aligned with the machine's pivot point. Ensure your hips, knees, and ankles are in a straight line. Adjust the pad so it rests just above your ankles. Extend your legs fully. Slowly lower the weight back to the starting position, keeping your alignment throughout.	3210
E	STANDING CALF RAISE	3	8-12	120s+	Stand tall with the balls of your feet on the edge of a step or platform, use a machine or smith machine for ease. Lower your heels below the platform to stretch your calves, then push through the balls of your feet to lift your heels as high as possible. Keep the movement controlled and avoid bouncing.	3311
F	CABLE AB CRUNCH	4	8-12	120s+	Attach a rope to the high pulley of a cable machine and kneel facing it. Hold the rope above your head with elbows bent, and crunch forward by contracting your abs to bring your chest toward your knees. Pause briefly at the bottom, then return slowly to the start. Keep the movement controlled, focusing on your core without using your arms or momentum.	3111



	EXERCISE	SET	REPS	REST	NOTES	TEMPO
A	BARBELL BENT OVER ROW	3	8-12	120s+	To start adopt a strong hip hinge (Think the bottom position of an RDL) and focus on keeping the BB close toward your body. With an overhand grip focus on keeping your chest tall and think about drawing your elbow up toward the sky. Aim to keep the BB between belly button and sternum, pull fast and control lowering phase.	3010
B	LAT PULLDOWN	3	10-15	120s+	Before pulling, think pull shoulders down and chest up. Draw elbows down toward the base of the spine, initiating the pull from the back. Contract hard in the end range.	3010
C	FLAT DB BENCH PRESS	3	1 x 6-8 2 x 8-12	120s+	Lie on a flat bench with a dumbbell in each hand, arms fully extended above your chest, palms facing forward. Lower the dumbbells slowly and with control, keeping your elbows at a 45-degree angle, until your elbows are at about 90 degrees (lower if you can). Press the dumbbells back up to the starting position, fully extending your arms.	3010
D	PREACHER CURLS	4	10-15	120s+	Keep shoulders & elbows stable, draw little finger up toward top of shoulder. Drive your triceps down into the support pad to create a counter force, that'll allow for a more solid platform and base to contract biceps and control the movement throughout.	3010
E	DUMBBELL SKULL CRUSHER	4	2 x 6-10 2 x 10-15	120s+	Lie on a bench holding dumbbells with your arms extended above your chest. Keeping your elbows stationary, lower the dumbbells toward your forehead by bending your elbows. Once you feel a deep stretch in your triceps, push the dumbbells back to the start position. Keep the movement controlled and focus on using your triceps.	3110
F	UNILATERAL CABLE LATERAL RAISE	3	8-12	120s+	Set up the cable at around hip height. Slight elbow bend, draw & initiate from the shoulders not hands. Your thought process here is up and away, not up and down. Stay within active range to keep upper traps out of movement.	3110
G	REAR DELT CABLE FLY	3	8-12	120s+	Drive your feet through the floor and create a stable base. Make sure handles are roughly in line with your shoulders or just slight above and forcefully drive your chest into the support bench. Keep elbows slightly flexed and drive outward towards the walls not directly backwards as if you're going in a circular direction.	3110

DELTS & ARMS

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	EXERCISE	SET	REPS	REST	NOTES	TEMPO
A	SMITH MACHINE JM PRESS	3	2 x 6-10 1 x 10-15	120s+	Set up the Smith machine so the bar aligns with your neck while lying on a flat bench. Unrack the bar, then begin to 'fold' at the elbows, reaching maximum elbow flexion at the end of the eccentric phase. Drive the bar back up, focusing solely on contracting your triceps.	3110
B	DUMBBELL CURL	3	1 x 6-10 2 x 10-15	120s+	Hold a dumbbell in each hand with your palms facing forward and arms fully extended. Keep your elbows close to your torso as you curl the weights upward, contracting your biceps. Lower the dumbbells slowly to the starting position, maintaining control throughout the movement.	3010
C	LONG ROPE TRICEP PRESSDOWN	3	1 x 6-10 2 x 10-15	120s+	Set-Up: Attach a rope to the high pulley and select a weight. Position: Stand upright, feet shoulder-width apart, holding the rope with an overhand grip. Keep elbows close to your sides. Pushdown: Extend your elbows to push the rope down, focusing on contracting your triceps. Place a slight pause in the stretched position.	3110
D	D-HANDLE CABLE CURL / BAYESIAN CURL	3	1 x 6-10 2 x 10-15	120s+	Set-Up: Attach D-handles to the low pulley and select a suitable weight. Position: Stand with your back to the machine, holding the handle with an underhand grip. Step back slightly to create tension. Start: Extend your arm fully behind you, keeping your chest up and shoulders relaxed. Curl: Bend your elbow to curl the handle toward your shoulder, focusing on your biceps. Lower: Slowly return to the starting position, allowing a full stretch in your bicep.	3110
E	CUFFED CRUCIFIX LATERAL RAISE	3	12-15	120s+	Set Up: Attach cuffs to the low pulleys of a cable machine. Position Yourself: Lie down in the center of the machine on a bench. Hold the cuffs at your sides. Starting Position: Keep your arms extended straight to the sides with a slight bend in your elbows. Perform the Raise: Lift the cuffs up and out to the sides. Pause in the Stretch: Hold the bottom position briefly to maximise the stretch in your shoulders.	3110
F	REVERSE PEC DEC	4	12-15	120s+	Set-Up: Adjust the seat height so your chest rests against the backrest, and align the handles with your shoulders. Select an appropriate weight. Position: Grip the handles or rest your arms on the pads with a slight bend in your elbows. Keep your feet flat on the floor. Start: Sit upright with your core engaged, arms slightly bent in front of you. Fly: Push the handles or arms backward, engaging your rear deltoids, think about reaching out as wide as possible.	3110