

PERSONAL TRAINER: HOW YOU CAN GET BIG ARMS, FAST!

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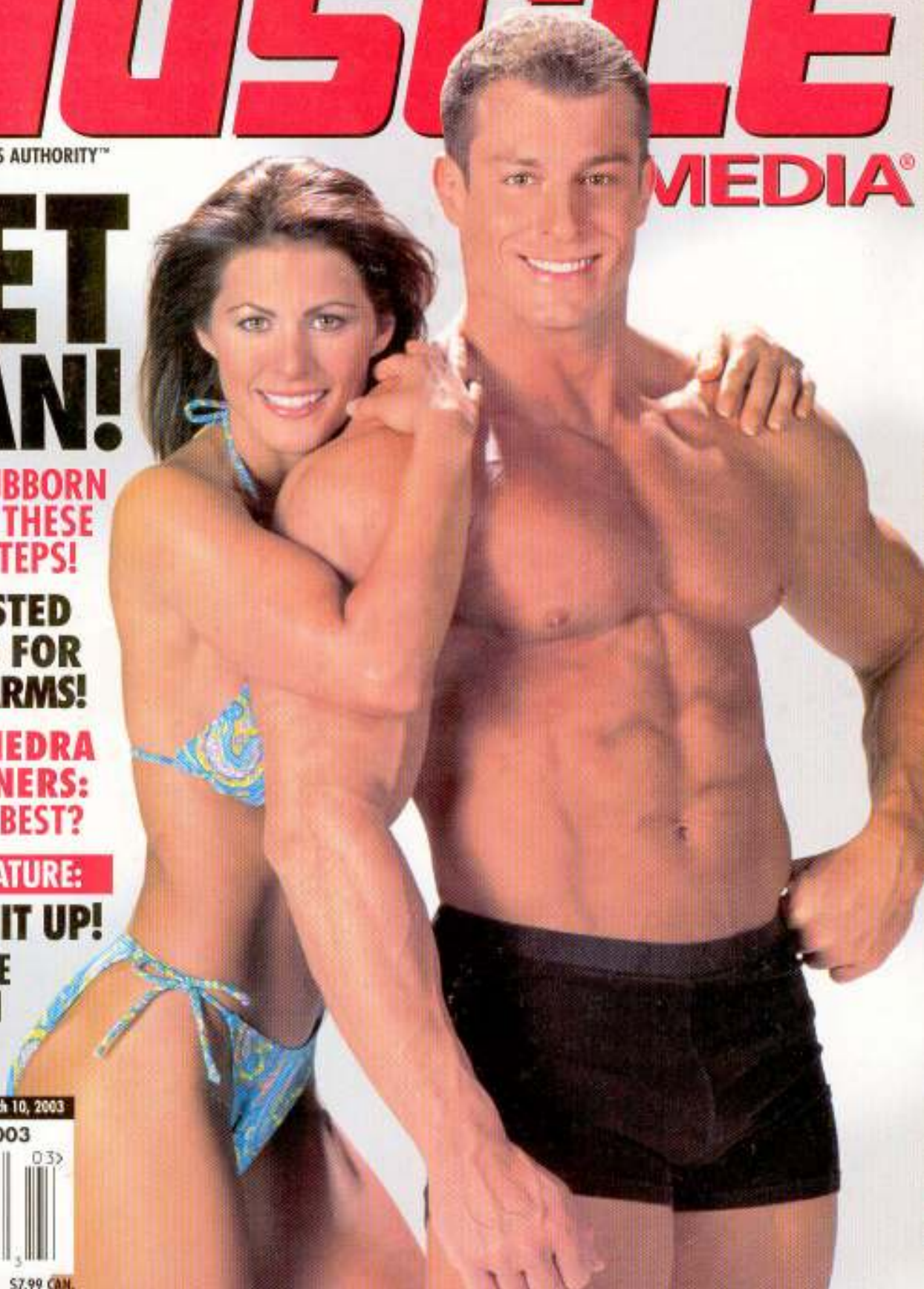
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In order to do a safe deadlift negative for a touch-and-go rep, the bodybuilder must know how to keep the pressure in his abdomen, pull himself down with his hip flexors, and keep his hamstrings loaded. All three techniques have been explained in detail in back issues of *Muscle Media*; ignore them at your own risk.

A word on breathing. Breathe shallow and stay tight; letting out too much air at any time is putting your lower back in danger. Inhale on the way down into your tight stomach (it will not be easy), grunt slightly on the way up. Don't bounce the bar on the platform, just gently touch it and go up without losing tension or air.

"If done intensely and correctly," promises drug-free 800-pound deadlifter Steve Scialpi, who favors touch-and-go reps with 35-pound plates, "your lower back, glutes and hips should be extremely pumped."

CLUBBELLS™ FOR TOTALLY AWESOME FOREARMS

Q I heard that old-fashioned Indian clubs are making a comeback and making a splash in the martial arts world. Do they offer any benefits to a bodybuilder?

A I have passed your question on to Scott Sonnon, Master of Sports, USA National Sambo Coach who is responsible for the recent renaissance of the Indian club. Here is what I learned.

The clubs originated in ancient Greece and made their way to Persia. There they became favorites of wrestlers and strongmen. India was the next stop; this is where "the Indian clubs" got their name. They were imported into the U.S. from Britain in 1862. John Heenan, a famous Civil War-era boxer, stated that, "As an assistant for training purposes, and imparting strength to the muscles of the arms, wrists and hands, together in fact with the whole muscular system, I do not know of their equal. They will become one of the institutions in America." They did. Club swinging went on to become an Olympic sport and endured until the 1932 Olympics in Los Angeles where Americans cleaned everyone's clock. Last year a champion martial artist brought the Indian club back as a sleek Clubbell™.

What can Indian clubs do for a bodybuilder? "Muscle-building athletes use Clubbells to get a high-octane pump on the forearms and shoulders because no other equipment targets all four aspects of grip strength: crushing, stabilizing, pinching and driving strength," Sonnon says. "Substitute Clubbell exercises for barbell and dumbbell wrist curls at the end of your training. Here's a super-fast and simple Clubbell program to blast your forearms at the end of a heavy day:

Head Casts: 2 sets of 15 to 25 reps

Inward Pendulums: 2 sets of 15 to 25 reps

Wrist Casts: 1 set to failure



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QUESTION OF STRENGTH

Before I explain the above exercises, go and improvise a club out of a champagne bottle filled with sand and corked—a makeshift solution by Anatoly Taras, a top hand-to-hand combat expert in the former Soviet Union who strongly endorses club training. When you get hooked you can get the real thing from www.clubbell.tv.

THE HEAD CAST

Pick up the club with a tight grip and hold it like a torch for a few seconds. Tilt the bell toward you and let it rest on your shoulder, then raise your elbow. Keep raising it until it points straight up. Don't lean back. You will end up in the position similar to the bottom of a dumbbell French press. Before the club touches your back explode upward. Hold the bell above you as a sword ready to fall for a couple of seconds. Lower the club slowly until it is in front of you and start over.

THE INWARD PENDULUM

Swing the club from side to side and diagonally. Grip the ground with your toes and death grip the bell.

THE WRIST CAST

Lift your elbow as if you are holding a shield. Your upper arm should be parallel to the ground. Slowly yield with your wrist without moving your arm or shoulder. The club will slowly move toward you until it rests on your biceps or deltoid. Regrip, pressurize your breath, and slowly leverage the club back to the shield position.

Scott Sannon recommends the above routine three times a week and a name change to Popeye.

THE UPPER-BODY SOLUTION FOR "HIGH-INTENSITY" BODYBUILDERS



I am following a "HIT" (high-intensity/low-volume) routine that consists of one or two hard sets of a few compound exercises twice a week. Although I am shot for days after each workout, I am making good gains in my lower body. But my upper body just refuses to grow or get stronger. Help!