

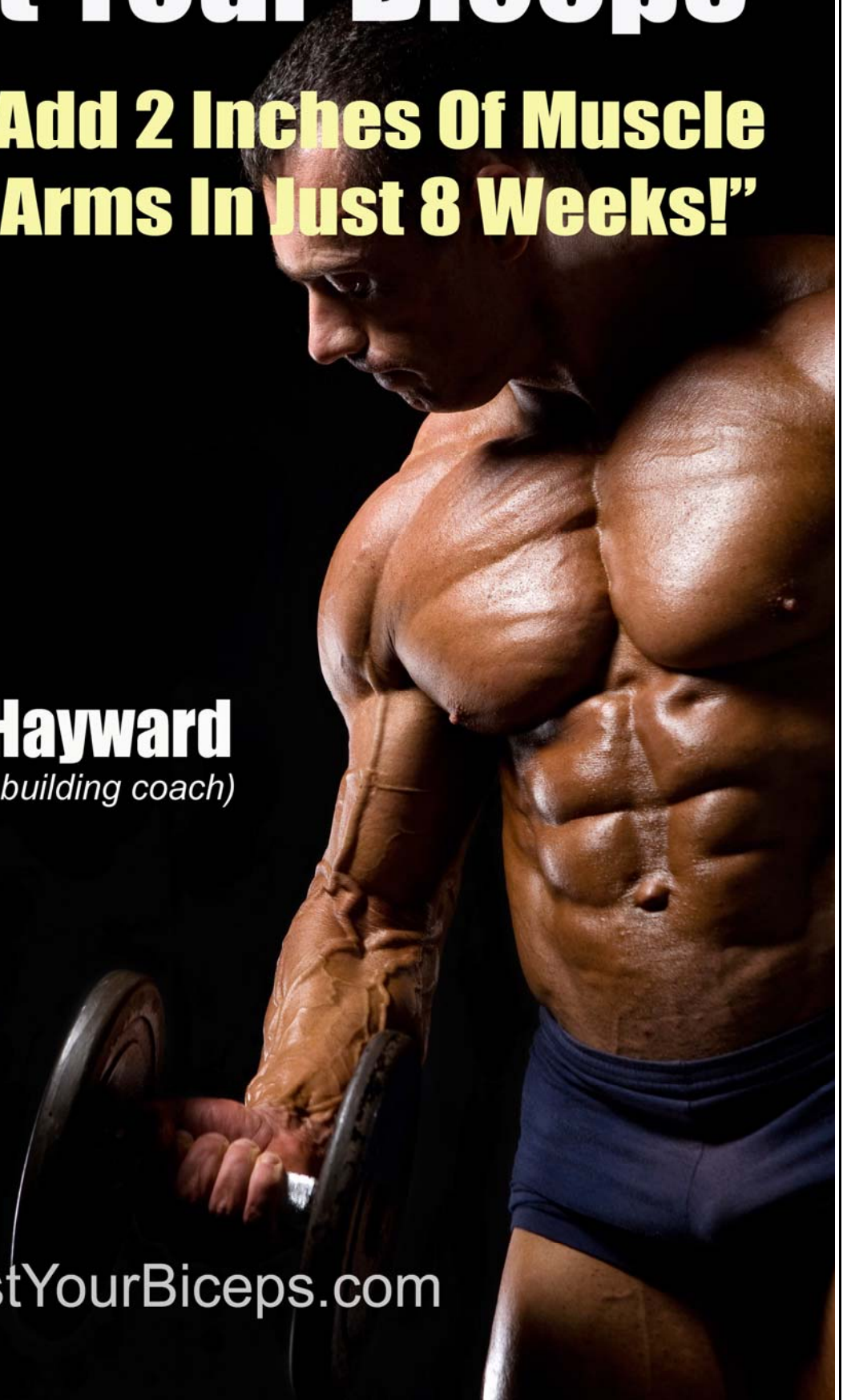
Blast Your Biceps

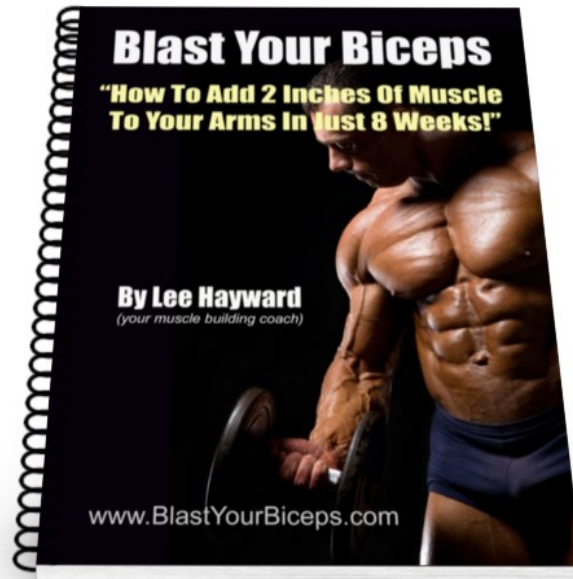
**“How To Add 2 Inches Of Muscle
To Your Arms In Just 8 Weeks!”**

By Lee Hayward

(your muscle building coach)

www.BlastYourBiceps.com





Blast Your Biceps

"How To Add 2 Inches Of Muscle To Your Arms In Just 8 Weeks!"

By Lee Hayward

www.LeeHayward.com

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Lee Hayward's Total Fitness Bodybuilding

www.LeeHayward.com

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About the Author



Lee Hayward
(Your Muscle Building Coach)

www.LeeHayward.com

Lee Hayward is a competitive bodybuilder, muscle building coach, and one of the most sought out fitness professionals online.

For over 10 years he has committed his life to helping aspiring bodybuilders and fitness enthusiasts build lean muscle, burn off stubborn body fat, and develop a lean, athletic muscular physique that they can be proud of.

Lee's **Total Fitness Bodybuilding website** has been online since January 1999 and has become one of the Internet's most popular bodybuilding and fitness websites which averages over 100,000 visitors each month.

Whether your goal is to make a complete physique transformation, or just lose a few pounds of stubborn belly fat; Lee Hayward can help get the results you want!

For a limited time Lee is giving away a complete **10-Part Muscle Building Tips e-Course** where he shares some killer training and nutrition tricks that will help you pack on solid muscle mass, strip away excess bodyfat, and transform your soft mushy body into a ripped powerful physique in record time!

This 10-Part Muscle Building e-Course has a real world \$47 value, but right now you can sign up and download it for FREE at: www.LeeHayward.com

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Chapter 1 - How The "Blast Your Biceps" Program Came To Be

Hey Lee,

I just finished your "[Blast Your Bench](#)" program and the results were amazing. I started out benching 220 pounds and now after going through the bench press portion of the program my new one rep max is 275 pounds. I've also gained a solid 10 pounds of muscle in the process.

All the guys at my gym have really noticed how much my bench and size have increased. They've accused me of taking steroids because I'm growing so fast and my football coach even had me tested. I'm loving it!

I'm getting ready to start "[Blast Your Squat](#)" and I'll keep you posted with my results. These programs are incredible. For once, I feel confident that I am doing the right workouts that will bring me results. I simply love how you have everything laid out and easy to follow.

Do you have anything for building up the arms like a "Blast Your Biceps" program that works as well as "Blast Your Bench"?

Thanks again Lee, you're the man!

Corey H.

I've received countless e-mail over the years similar to the one above. And if you have been following along with the online bodybuilding and fitness world for any length of time then chances are you have run across my *world-famous* "Blast Your Bench" program (www.BlastYourBench.com).

This controversial workout program has helped literally tens of thousands of guys from all over the world set new personal records in the bench press along with all their other major lifts as well.

My buddy Steve Cook from Newfoundland Canada said it best:

*“...Even though it is a bench press specialization routine, I made solid gains all over. **In just 3 weeks my bent over barbell rows went up by 30 lbs, squats went up by 30 lbs, and my bench press went up by 40 lbs...**”*

Bottom line, the original “Blast Your Bench” program is so much more than just a bench press workout. It is a total body size and strength building system that delivers solid predictable results every time. In fact I’ll go so far as to say that when you follow the program to the letter it is impossible to not come out on the other end bigger, stronger, and more muscular.

It all started back in the late 1990’s with blasting your bench press, then in the early 2000’s we added to it by blasting your squat, and recently I created a deadlift program to go along with the **“Blast Your Bench”** training system as well.

So now the 3 major muscle-building power lifts have their own unique specialization training program, and folks from all over the world are making crazy muscle and strength gains as a result of implementing these highly effective programs in their workouts. But I still get e-mails on a regular basis asking for a bicep specialization program. After all what guy wouldn’t want a bigger set of guns?

This is something I’ve pondered and wrestled in my mind for years. I knew my website visitors and personal coaching students wanted me to create a **“Blast Your Biceps”** program. And I knew that from my past experience that I could help people get better results and pack on more muscle by following my unique specialization workout programs then they could get on their own, or by following the typical re-hashed and outdated programs that clutter most of the books, magazines, and websites.

So why didn’t I create an arm specialization program before now? Because I honestly didn’t feel that I was qualified enough to create such a program.

Not qualified you may ask? When I first told my friends and colleges about this they were shocked to say the least...

“Lee, your website has been one of the top bodybuilding and fitness sites for over a decade! Heck, you are one of the pioneers to the whole online bodybuilding & fitness industry. How can you NOT be qualified to create a program?”

While I could understand where my friends were coming from, my insecurities about this project stemmed from my own personal integrity. I try to hold myself to some pretty high standards. If you have followed along with my website or any of my other training programs in the past, then you know that I'm a straight shooter.

I won't ever promote anything that I don't stand behind and believe in 100%. Every program and workout that's on my website is something that I've personally researched and that I believe in whole-heartedly. I wouldn't be able to sleep at night if I was promoting a junk BS program that didn't deliver solid results.

I have a personal motto that I like to follow in life and in my training business, and that is to:

“Leave people better off then you found them”.

So whenever someone visits my website, watches one of my videos, or reads one of my books (like you are doing right now), I want to leave them better off than they were before. Even if it is just with a simple workout tip, a new perspective on things, or re-enforcing the belief that they can achieve their personal muscle building and fitness goals. I always want to leave them better than I found them.

And that's why I've struggled with the idea of creating a **“Blast Your Biceps”** program. You see with my own physique the arms, specifically the biceps, have always been the most stubborn bodypart for me to develop. And I wondered:

“How could I ever help anyone build big arms when I have trouble building big arms myself???”

Just look at the picture on the next page and you'll see what I mean...

This picture was taken back when I was 17 years old and competing in my very first bodybuilding competition. The 1995 Newfoundland Provincials.



My first bodybuilding contest. The 1995 Newfoundland Provincials.

I'm the guy in the middle with the skinny arms and imaginary lat syndrome...

If you look closely at that pic you can see that I had decent torso and leg development, especially for a 17 year old. But look at those spaghetti noodle thin arms. It seemed like no matter what I did my arms just would not respond like the rest of my body.

Now while my arms have definitely improved considerably over the years. They are still a weak and lagging bodypart for me, one that I have to constantly work on to try and keep them in proportion with the rest of my body. And because of this genetic flaw in my physique I kept thinking that I was not qualified enough to write a specialization program about arm training. After all I hadn't walked the walk and built myself a set of killer 20 inch guns.

I kept putting this project off and never did create such an arm program. But I've always been fascinated with studying different training methods, especially anything that had to do with arm training in particular.

That's the unique thing about how we as humans are hard wired, we are always hungry and longing for what's lacking or in short supply. So if your arms are lacking then you'll be searching for everything you can about arm training. And that's probably the very reason you are reading this book right now.

I was no different so I studied everything I could get my hands on; from the Weider Principles, to Arnold's high volume 20 set bombing routines, to Mike Mentzer's high intensity 1 set to failure Heavy Duty workouts, to Dorian Yates' Blood & Guts routines, to Tom Platz's ridiculously high rep squatting, to Louis Simmons' West Side Barbell powerlifting programs, to Matt Furey's Combat Conditioning, to Static Contraction, Dogg Crapp, Sandbag training, and at least a dozen or more different things that I can't even remember the name of right now.

If anything showed promise, I'd study it and test it out on myself as well as my personal coaching students.

In addition to reading everything I could get my hands on, I'd talk to the guys I knew from bodybuilding, powerlifting, and strongman competitions who had the biggest arms. Everyone from local gym rats to seasoned national and professional level athletes.

Now while I certainly learned a ton of valuable training tips, tricks, and techniques from all my research and conversations. One thing that really stood out in my mind, and was quite shocking, was that the guys with the best arm development were more often than not the LEAST knowledgeable when it came to effective arm training!

This sounds totally ridiculous doesn't it? I mean how can someone have a massive set of sleeve stretching pipes and not be knowledgeable when it comes to effective arm training?

Genetics For Building Big Arms

Yes, that ugly “G” word that skinny hardgainers the world over hate to hear. But it’s so true. Most of the guys you’ll see at your gym, on the bodybuilding stage, or in the magazines who have huge arms, have them because they are genetically gifted for big arms.

Now don’t get me wrong, these guys will certainly pay their dues in the gym by training hard and heavy, but the main difference for them is that their arms will respond like crazy to whatever training stimulation they receive. Unlike you and I who have to bust our ass for every millimeter of muscle size we gain.

To show you a prime example of this, I remember several years ago when I was competing at our local bodybuilding competition here in Newfoundland, Canada. The bantamweight class winner, Scott Gillam, and myself were chatting back stage, shooting the breeze, and talking about contest prep, working out, and all the usual stuff that bodybuilders gab about backstage at a competition.

Scott had a crazy set of arms, I don’t know exactly what they measured, but they looked bigger than my arms and I outweighed him by almost 40 pounds, and that’s in ripped dehydrated contest shape!

I remember asking him;

“Scott, what in the world do you do for your arms? They look amazing, heck they look as big as the heavyweight competitors arms!”

Scott then told me about his workouts and you know what, he didn’t even train his arms directly! The only training stimulation they got was from doing his upper body workouts for chest, shoulders, back, etc. He didn’t do a single arm isolation exercise!

Scott went on a few years after that to win his class at the Canadian National Bodybuilding Championships and no doubt those amazing arms of his helped him claim the title.

Now I’m not saying that he didn’t work hard to get to the level he is at. Obviously he paid his dues, busted his butt, and trained hard in the gym. However, as you can see his training situation is a unique one and he is genetically gifted for having big arms.

After that conversation with Scott backstage at the local bodybuilding competition I started to notice that his particular situation was a common theme among guys with genetically good arm development. Very often their arms take over and do a lot of the work when it comes to the major compound pressing and rowing exercises for the chest, back, and shoulders.

So for example, when a guy with huge arms does barbell rows for his back, his biceps will usually perform a lot of the workload and he'll end up getting more of a muscle pump in his bis then his lats. The same applies when doing bench presses for the chest, his triceps will take over and he'll end up getting more of a workout for his tris then his pecs.

In some cases this can even cause the arms to grow out of proportion to the muscles of the torso. If you have ever seen a guy with a killer set of arms and a thin chest or narrow back than this is most likely the case.

In my personal training situation this rarely happens, when I do rowing exercises for the back, I feel it all throughout the back. The same with pressing exercises for the chest, I feel it all throughout the chest. While this is great for building the muscles of the torso, it's not so great when trying to stimulate arm growth.

To take it to another level, very often guys with genetically weak arms even find it hard to feel their arms working when doing arm isolation exercises. I know in my early days of training when I would do bicep curls I'd feel the movement more in my forearms than my biceps. And doing close grip bench presses, a tricep movement, would only pump up my pecs and front delts. I found it very difficult to get any appreciable muscle pump throughout my biceps and triceps.

Now picture the average beginner in the gym who desperately wants to build a big set of arms. What's he going to do? He's going to follow what the genetically gifted guys are doing, thinking that this is the best approach, and while this will produce some results initially (*any training is better then no training*). It will eventually lead him down the path of headaches, frustration, and maybe even to quit working out all together because he is trying to play the same game, but he was dealt a bad hand of cards in the genetics department.

We Need To Play By A Different Set Of Rules

Guys like you and I need to play by a different set of rules. Now while the gains will come slower than they do for the genetically gifted folks, they will come if you are persistent. Regardless of what level you are at now progress is always possible when you train smart and follow a proven plan of action rather than simply trying to wing it day by day.

SNAS – “Spaghetti Noodle Arm Syndrome”

If you can relate to what I’m talking about here then you may be suffering from a case of **SNAS** “*spaghetti noodle arm syndrome*”. But don’t worry you are not alone. I’ve been in your shoes before and I’m here to help. What I once considered to be my genetic flaw and the reason why I should NOT write this book, actually turned out to be the very reason that I HAD TO write this book.

Because of my piss poor genetics for building big arms and struggling year after year in effort to add any appreciable size to my guns, I was forced to dig deep, look outside the box, and come up with some unconventional arm training methods. But now I can proudly say that I have finally discovered a cure for the “*spaghetti noodle arm syndrome*”.

By using the training methods, tips, and tricks that I’m going to share with you here in this book I’ve been able to take my scrawny thin arms and pack on several inches of solid muscle mass to them so now I can actually fill out my shirt sleeves with a decent set of muscular arms.

Granted they are still not mind-boggling pythons, but they are in proportion to the rest of my body and I actually get comments from people now about how muscular my arms look. Rather than the way it used to be a few years back when people used to comment about how skinny my arms were.

My goal now is to share with you what I’ve learned so you can take this information and use it to transform your own physique and pack on several inches of solid muscular mass to your arms.

Let me tell you, it’s a great feeling to be able to wear a T-shirt with confidence and have your arms fill out the sleeves. And who knows, if you follow this program to the letter, then chances are you’ll even out grow your current wardrobe and have the unique pleasure of going shopping for bigger shirts to match the size of your growing arms.

So with that being said, the next step that I want you to take right now is to read through the rest of this book and get a good general overview of the ideas, training principles, theories, and workouts that you’ll be doing. Familiarize yourself with all this stuff. Then jump right into the actual “**Blast Your Biceps**” workout programs.

Start with Phase 1 and progress through all 3 unique training phases. Each one is there for a reason and they all build on each other. If you follow and apply this program, then you will come out on the other side bigger, stronger, and more muscular. That I can guarantee you!



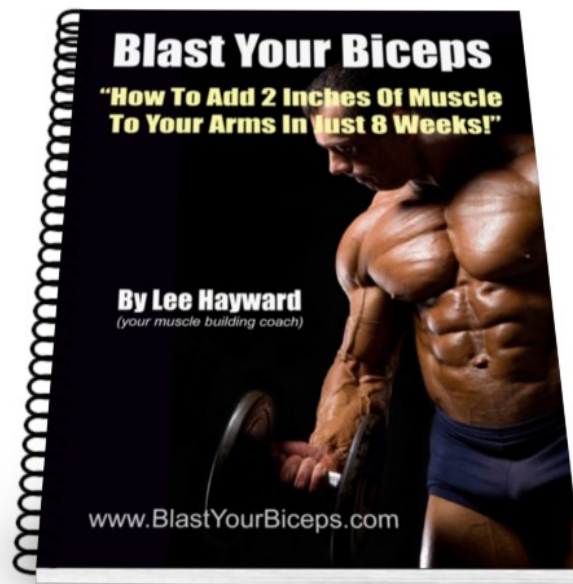
Once you complete the **“Blast Your Biceps”** program please e-mail me and share your results. There is nothing I love to hear more then success stories from guys like you who have followed my advice and have transformed their physiques. So please make sure to write me when you are finished the program.

all the best,
Lee Hayward
(*Your Muscle Building Coach*)

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To Download The Complete Full Version Of
The "Blast Your Biceps" Program Just Visit:

<http://www.BlastYourBiceps.com>



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