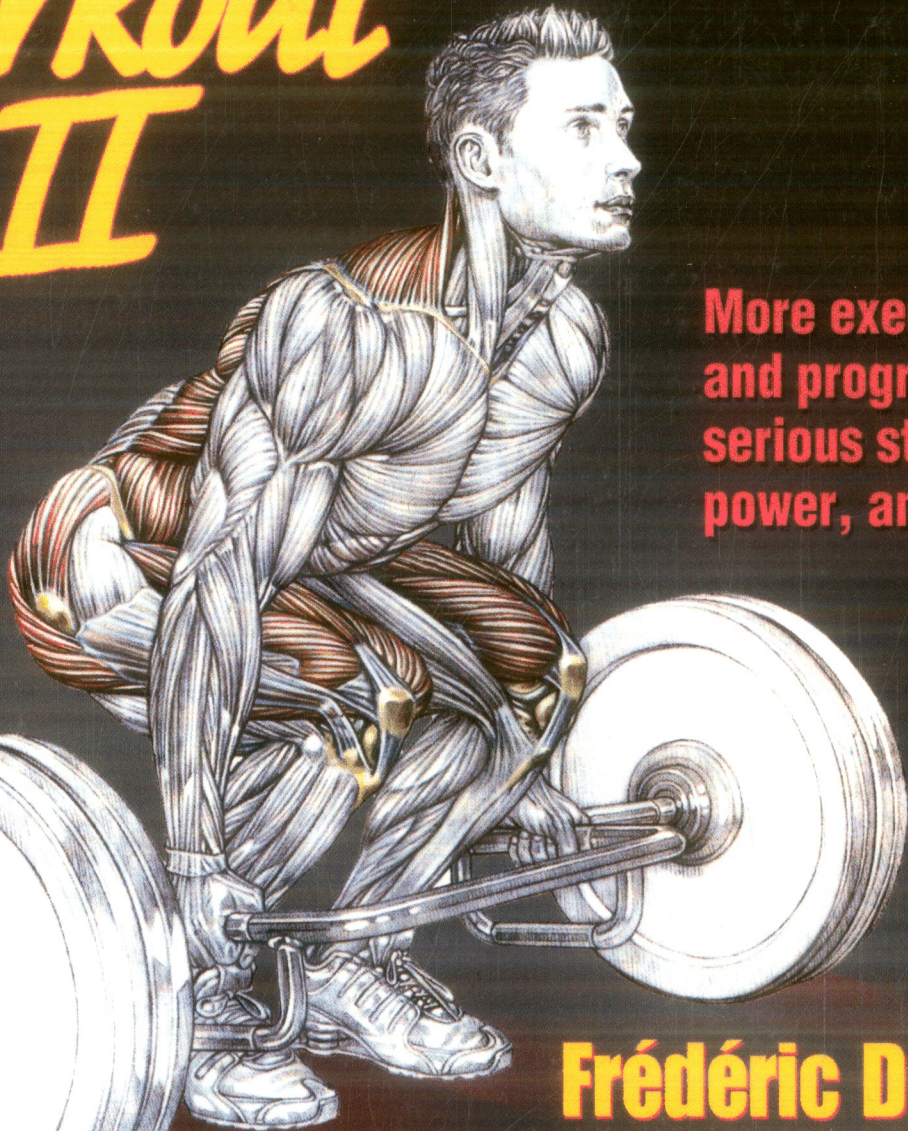


The **Strength Training** **Anatomy** *Workout* *II*



**More exercises
and programs for
serious strength,
power, and muscle**

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CONTENTS

Introduction	Call No. 6	TNT for Explosive Muscle Growth	23
	วัน เดือน ปี	Traumatic Factors	23
PART 1	เลขทะเบียน	Nontraumatic Training Strategies	24
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ADVANCED TECHNIQUES TO HELP YOU KEEP PROGRESSING		Adjusting the Speed of Your Repetitions	24
Five Factors That Stimulate Muscle Growth	10	Superslow Repetitions	24
Stretching Tension	11	Superslow Repetitions in Practice	25
Contraction Tension	11	Explosive Repetitions	25
Time Under Tension	12	What Do Scientific Studies Show?	25
Muscle Burn	12	Understanding Muscle Contraction	26
Muscle Pump	12	Staircase Effect	26
Free Weights or Machines: How to Make the Right Choice	13	The Best Bodybuilders Train Explosively	27
Compound Exercises or Isolation Exercises?	14	Adapting Your Training to Your Fiber Subtypes	27
How Can You Strengthen a Weak Area? ...	14	Explosive Training Is Not for Everyone	27
Classic Strategies for Building Up Weak Areas	15	Explosive Training: The Most Dangerous Technique of All	28
More Radical Methods	15	A Physiological Dilemma: Should You Slow Down the Negative Phase?	28
True and False Weak Areas	15	Second-Bout Effect	28
What Causes a True Weak Area?	15	Negatives Have Two Purposes	29
Roots of the Problem	15	When the Negative Phase Is Not Accentuated	29
Difficulties in Changing Motor Behavior ..	18	A Physiological Aberration	30
Do Not Leave It to Chance	18	What Do Scientific Studies Show?	30
Alter Your Motor Recruitment	18	How Can You Make the Most of Explosive Negatives?	30
Discover the Muscle	18	Potentiation	34
Develop Your Mind-Muscle Connection ...	19	Potentiating Through Shrugs	34
Understand Transfer	19	Potentiating the Triceps	34
Isolate to Create Transfer	19	Potentiating the Calves	35
Repeat So You Can Learn	19	Unilateral Potentiation	35
Use Preexhaustion to Build Up Weak Areas	20	Continuous Tension or Full Range of Motion?	36
Make the Most of Postexhaustion	22	Exercises That Decrease Tension in the Contracted Position	36
Advanced Techniques to Increase Intensity	23	Exercises That Increase Tension in the Contracted Position	36
Vary Your Intensifying Techniques	23		

Burn.....	38	Optimizing Your Strength by Holding Your Breath.....	58
Manipulate Your Genetics		A Physiological Dilemma:	
Using Sets of 100 Reps.....	38	Should You Hold Your Breath?.....	58
Advantages of Sets of 100 Reps.....	38	Paying Attention to Head Position.....	59
Sets of 100 Reps in Practice.....	39	Protective Equipment.....	60
How to Improve Your Mind–Muscle Connection.....	40	Weight Belts.....	60
Recover: An Increasingly Limiting Factor.....	40	Wrist Wraps.....	62
Five Types of Recovery.....	40	Knee Braces.....	62
Muscle Soreness.....	43	Straps.....	62
Origin of Muscle Soreness.....	43		
Biphasic Recovery.....	43	PART 2	
Does Soreness Trigger Muscle Growth?... 43		EXERCISES FOR THE MAIN	
Learn to Manage Your Ability to Recover.....	45	MUSCLE GROUPS	
Recovery Bottleneck.....	45		
Strategies to Accelerate Recovery.....	46	Get Bigger Shoulders.....	66
Why Does Recovery Take So Long?.....	46	Anatomical Considerations.....	66
How Many Exercises Should You Do for Each Muscle During a Workout?.....	47	Five Obstacles to Developing the Shoulders.....	66
Choose Variety.....	47	Strategies for Building Up the Shoulders... 70	
Try Single Exercises.....	48	Techniques for Building Up the Back of the Shoulder.....	74
Segmenting Muscles So You Can Dominate Them.....	49	> Shoulder Exercises.....	76
Segmenting the Biceps.....	50	Exercises for the Front of the Shoulders... 76	
Segmenting the Triceps.....	51	Exercises for Increasing the Size of the Shoulders.....	87
Segmenting the Shoulders.....	51	Exercises for the Back of the Shoulders... 95	
Segmenting the Back.....	52	Exercises for Stretching the Shoulders... 102	
Segmenting the Chest.....	52		
Segmenting the Abdominal Muscles.....	52	Develop a Complete Back.....	104
Segmenting the Calves.....	52	Anatomical Considerations.....	104
Segmenting the Hamstrings.....	53	Eight Obstacles to Developing the Back... 104	
Segmenting the Quadriceps.....	53	A Morphological Dilemma: Can You Develop the Width or the Thickness of Your Back?.....	107
Dealing With Injuries.....	54	> Back Exercises.....	111
Strength Imbalances.....	54	Building Up the Teres Major.....	111
Promoting Joint Recovery.....	55	Building Up the Latissimus Dorsi.....	114
Nutritional Approach.....	55	> Latissimus Dorsi Exercises.....	116
Decompression.....	55	Exercises for Stretching the Back.....	134
		Do Not Neglect the Infraspinatus.....	136

Roles of the Infraspinatus	136	The Secret to Large Biceps	194
Is the Infraspinatus a Back Muscle?	136	Five Obstacles to Developing	
A Muscle in Poor Condition	136	the Biceps	194
Paradox of the Infraspinatus	137	How Can You Develop Your Biceps?	198
Difficulty Feeling the Infraspinatus	137	Analyze Your Valgus	200
Strategies for Increasing the Intensity ...	137	Anatomical Conflicts	200
When Should You Work Your		Are You a Hyperpronator	
Infraspinatus?	138	or a Hypersupinator?	201
> Infraspinatus Exercises	140	Adapting Exercises to Your	
Isolation Exercises for		Morphology	202
the Infraspinatus	140	A Biomechanical Dilemma: Are Curls	
Exercises for Stretching		a Compound Exercise for the Biceps? ...	203
the Infraspinatus	144	> Biceps Exercises	205
 Build Impressive Trapezius Muscles	146	Exercises That Focus on the Biceps	205
Beware of Imbalances	146	Mixed Biceps–Brachialis Exercises	211
When Should You Work Your Trapezius		Exercises That Focus on the Brachialis	214
Muscles?	147	Exercises for Stretching the Biceps	218
> Trapezius Exercises	148	 Attain More-Developed Forearms	219
 Develop Strong Lumbar Muscles	152	Anatomical Considerations	219
Roles of the Sacrolumbar Muscles	152	Five Obstacles to Developing	
Compound Exercises Can Cause		the Forearms	219
Herniated Discs	152	> Forearm Exercises	222
Be Smart When You Work Your		Exercises That Focus on the Forearms ..	222
Lumbar Region!	153	Exercises for Stretching the Forearms ...	226
> Exercises for the Lumbar Region	153	 Develop Impressive Triceps	227
The Most Effective Alternatives		Anatomical Considerations	227
to the Deadlift	153	Roles of the Triceps	227
Modern Exercises	155	Three Obstacles to Developing	
Working the Quadratus Lumborum	158	the Triceps	227
 Create Balance in Your Chest	164	> Triceps Exercises	231
Anatomical Considerations	164	Compound Exercises for the Triceps	231
Roles of the Chest Muscles	164	Isolation Exercises for the Triceps	234
Morphological Characteristics:		Exercises for Stretching the Triceps	242
The Pectoralis Major Is a Muscle		 Take Steps Toward Massive Quadriceps	244
With Angles	165	Anatomical Considerations	244
A Morphological Dilemma: Is the Bench		A Morphological Dilemma: Is the Squat	
Press the Best Exercise for the Chest? ..	165	a Universal Exercise?	245
Four Obstacles to Developing the Chest ..	166	What Range of Motion Should You Use in	
> Chest Exercises	170	Quadriceps Exercises?	246
Compound Exercises for the Chest	171	Four Obstacles to Developing	
Isolation Exercises for the Chest	185	the Quadriceps	248
Exercises for Stretching the Chest	192	Strategies for Building Up	
 Build Your Biceps Quickly	194	the Quadriceps	249
Anatomical Considerations	194	Balancing Your Development	250
		Focusing on the Rectus Femoris	251

> Quadriceps Exercises	253
Compound Exercises for the Quadriceps	253
Isolation Exercises for the Quadriceps	269
Exercises for Stretching the Quadriceps	272
Bring Your Hamstrings Up to Speed	274
Anatomical Considerations	274
Two Obstacles to Developing the Hamstrings	275
A Morphological Dilemma: How Do You Optimally Contract the Hamstrings?	276
Strategies for Increasing the Intensity	277
> Hamstring Exercises	282
Compound Exercises for the Hamstrings	282
Isolation Exercises for the Hamstrings	285
Exercises for Stretching the Hamstrings	289
Develop the Calves Evenly	290
Anatomical Considerations	290
Two Obstacles to Developing the Calves	290
Strategies for Increasing the Intensity	292
A Morphological Dilemma: Should You Straighten Your Legs to Work Your Calves?	294
> Calf Exercises	295
Isolation Exercises for the Calves	295
Exercises for Stretching the Calves	299
Chisel Your Abdominal Muscles	300
Anatomical Considerations	300
Roles of the Abdominal Muscles	300
Four Obstacles to Developing the Abdominal Region	301
A Morphological Dilemma: Is It Possible to Isolate the Upper Abs From the Lower Abs?	301
Why Are the Lower Abdominal Muscles So Difficult to Develop?	301
A Physiological Dilemma: Will Working the Abs Increase Muscle Definition?	302
A Small Waist With Abdominal Muscles	302
Beware of Arching Your Back!	303
Strategies for Building Up the Abdominal Muscles	304
> Abdominal Exercises	308
Exercises for the Rectus Abdominis	308
Exercises for the Obliques	317

PART 3

WORKOUT PROGRAMS

Beginner Program for Putting on Muscle Quickly—2 Days Per Week	326
Beginner Program for Putting on Muscle Quickly—3 Days Per Week	328
Advanced Program—4 Days Per Week ..	330
Advanced Program—5 Days Per Week ..	334
Programs for Building Up Weak Areas ..	338
Program for Building Up the Arms	338
Program for Building Up the Chest	341
Program for Building Up the Back	343
Program for Building Up the Shoulders ..	346
Program for Building Up the Thighs	348