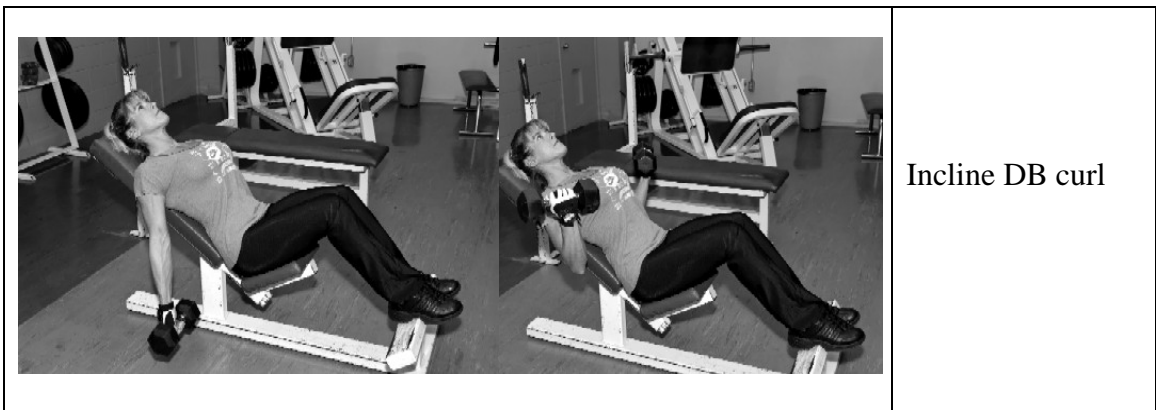


The exercises





Isometric 1-arm
BB preacher curl



Preacher curl

The program

Gourgues Athletic guns program				
Exercise	Sets	Reps	Technique	Rest
1a. Curl drop & catch	3	4-6	Deceleration method	None
1b. Barbell curl	3	max	Normal reps using 5-0-1 tempo; same load as in 1a.	90 sec
2. Iso 1-arm BB preacher	3	30-40 sec	Isometric held with the elbow at 90 degrees	75 sec
3. Preacher curl	6	3	Sets 1-3 = 70% for a 10 sec. eccentric; Sets 4-6 = normal reps with 85-90%	75 sec
4a. DB incline curl	3	8-10	Normal reps	none
4b. Metabolic curl	3	30 sec	As many speed reps as humanly possible in 30 sec.	75 sec