

BVT SHOULDERS & BICEPS

Remember to consult your doctor before starting any diet and/or training program.

Always train smart and attempt reps and sets that are within your abilities.

Exercise	Sets	Reps	Rest	BVT Principle
Giant Set Shoulder Burn Out: 1. Side lateral raises 2. Rear-delt bent-over laterals 3. Front dumbbell raises 4. Bent-arm I-flyes 5. Overhead presses 6. Upright dumbbell rows 7. Straight-arm partial laterals	5	10-15	As little rest as possible between exercises. 1-2 minute rest upon completion of the Giant Set.	Blasting the shoulders from multiple different angles in rapid sequence will drive tons of blood into the delts – blowing them up with massive size. The minimal amount of rest between exercises helps keep blood localized in the shoulders. Your shoulders should be on fire after the first or second rotation!
Extreme Biceps Annihilation: 1. Close-grip ez-bar curls 2. Standing barbell drag curls 3. Seated alternating twisting curls 4. Hammer curls 5. Cable curls	4	10-15	As little rest as possible between exercises. 1-2 minute rest upon completion of the Giant Set.	Blood Volume Training is all about blasting muscles with tons of nutrient-rich blood. This specific sequence of exercises slightly changes angles and resistance, which allows you to keep continuous tension on the biceps for up to 2-4 minutes! This will help produce the sickest arm pump you've ever experienced.

Exercise	Sets	Reps	Rest	Notes:
Giant Set Shoulder Burn Out: 1. Side lateral raises 2. Rear delt bent-over laterals 3. Front dumbbell raises 4. Bent-arm I-flyes 5. Overhead presses 6. Upright dumbbell rows 7. Straight-arm partial laterals				
Extreme Bicep Annihilation: 1. Close-grip ez-bar curls 2. Standing barbell drag curls 3. Seated alternating twisting curls 4. Hammer curls 5. Cable curls				

