

# THE BEST

# ARM EXERCISES

## You've Never Heard Of



Get  
**GREAT**  
Arms  
**FAST!**

By Nick Nilsson

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## Get GREAT Arms FAST!



## Welcome to the Sample Exercises of "The Best Arm Exercises You've Never Heard Of!"

From:  
Nick Nilsson

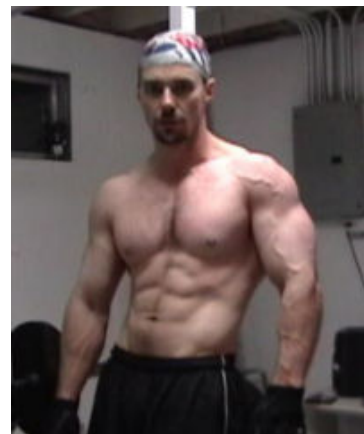
If you enjoy training arms, you're going to LOVE the stuff you read in this book. It's going to keep you busy for a very long time.

In this book you will find the 5 exercises you saw on the site plus the 3 BONUS exercises that I mentioned. Here's the full list...

- Nilsson Curls
- Tricep Floor Rollbacks
- Incline Barbell Curls
- Barbell Leverage Curls
- On-Barbell Tricep Extension/Presses
- Incline Face-Away Pushdowns and Presses
- Shoulder Curls
- Lateral Cable Cross-Over Extensions

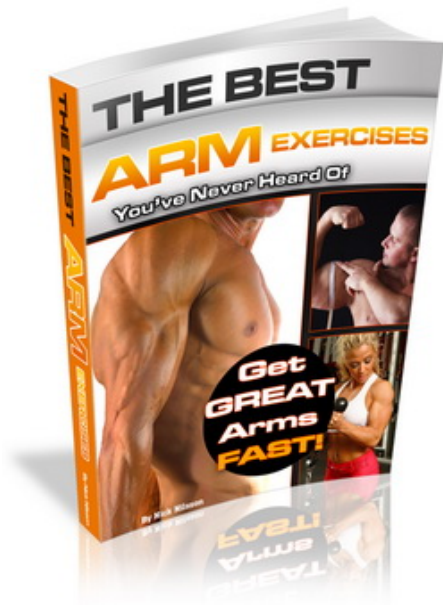
These are exercises that very unique - you'll see variations of exercises you already know, along with completely new exercises I can promise you've never seen before!

Have fun and let's get right into it!



**I Want Your Feedback!**

I welcome your comments and questions! Please do not hesitate to contact me via email at [BetterU@fitstep.com](mailto:BetterU@fitstep.com).



[CLICK HERE](#) to learn more about "The Best Arm Exercises You've Never Heard Of"

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### WARNING!

Any exercise program contains an element of risk. Be aware that the exercises in the book may not be familiar to you and, even though every attempt has been made to ensure safe instruction, how and if you decide to execute the exercises is ultimately your responsibility. Consult your physician before taking part in any exercise program. By reading the information in this book you hereby agree to the Terms and Conditions of use, found in this book.

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# THE BEST

# ARM EXERCISES

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Get GREAT Arms FAST!



## Nilsson Curls - The Best Bicep Exercise EVER...

If you want to TRULY maximize your bicep mass, you're going to LOVE this exercise. It's one of my very favorite for building bi's.

The reason I named it after myself is that it basically summarizes what I'm all about - doing everything completely "backwards" and getting MUCH better results!

That, plus I thought it would cool to have at least ONE exercise name after myself when this one really catches on :)

**The Nilsson Curl looks *almost* exactly like a chin-up.**

In fact, another name I've called this exercise is the "Forearm-Braced Chin-Up". Because what you'll be doing IS a chin-up...but you'll be doing that chin-up with your forearms braced against another bar so that the VAST majority of the tension goes to your biceps instead of your back.

Just so you know up front, you'll need to be able to do probably 6 to 10 or so regular chins before you can really use this exercise. **If you can't yet do that many chins, don't worry!** I'm also including a "standing" version below that allows you to set your feet on the ground and spot yourself throughout the movement.

I mean think about it - imagine the kind of growth response you'll get from an exercise that puts the full tension of almost your entire bodyweight directly onto your biceps...

That's the beauty of this exercise - it's a bodyweight exercise, which means increased muscle fiber activation AND you use your entire bodyweight to do it.

### How To Do It:

To do this exercise, you'll need a rack or a chin-up bar that allows you to set another close underneath it. Alternatively, you can also use the metal ladder of playground apparatus (that works quite well, too).

Set the racking pins (where you would normally rack the bar on a squat, for instance) to the highest point you can on the rack.

Now move the safety rails to a point that is about 8 to 12 inches below that (you can play with this height when you try the exercise to get the best dimensions for you).

Set a bar on the top racking pins and set another bar on the safety rails, pushed up against the uprights. It's going to look like two rungs of a ladder.

In my own setup, I load the top bar with weight plates to keep it from moving. You may find you need to do this with yours, too.

**Quick note on setup**...if you have a power rack that has pins that you can slide in and out of the frame (I don't - mine are integrated right into the rack) you can also more easily get this set up by setting one safety rail in the top set of holes then the other safety rail in a set of holes below (making your own ladder, essentially). That's the easiest way to set this up and how I used to do it when I had access to a rack that I could do it with.

Now get in the rack and take a close, underhand grip on the top bar. Your forearms should be braced up against the bottom bar, just above your elbows. Your arms should be straight when you're at the bottom.



Now start doing a chin-up. As you pull yourself up, your forearms will press against the bottom bar. **THIS** is what changes it into a biceps-oriented movement.



Pull yourself all the way up until your nose is at the top bar then lower slowly.



That's the exercise! And it's a TOUGH one...I don't care how strong your biceps are. It's going to challenge and you will LOVE the way it feels.

When I used to train at a commercial gym, I showed this one to a guy who was built like a gymnast...HUGE biceps, not very big legs. He did 5 reps, his arms swelled up like balloons and he couldn't wipe the grin off his face.

So as you get stronger with it, you can also add weight by holding a dumbbell between your feet or wearing a dip belt. But that's VERY advanced. This exercise is just BRUTAL even with just your bodyweight.

Do it **FIRST** in your bicep routine (trust me). You won't need to do a whole lot of anything else for bi's when you do 3 or 4 sets of this one...



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For This Exercise](#)**

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## **Standing Nilsson Curls - A Useful Adaptation**

This version is excellent for when you're either not strong enough to do the "free hanging" version above where you're using your entire bodyweight for resistance or if you're just too fatigued from previous training to do enough reps to really get much out of it.

It's basically the exact same exercise only instead of setting the two bars up high, you set them a bit lower so you can keep your feet on the ground and spot yourself by standing up when you need help!

When it comes to hitting the biceps (even with your feet down), the difference between this exercise and a regular chin-up is just AMAZING. **You'll feel almost ALL the tension go right into the biceps.**

So here's what the standing version looks like. You can do this in rack, using the set up I have here or you can use the safety rails in the rack, same as I mentioned above - just set the two rails into one side so they look like ladder rungs - it'll give you the same effect.

With this version, I have a bar setting in the racking pins and a bar sitting on top of the rails. I have the weight on the top bar to help keep it from moving. You want about a foot spacing in between the two bars.

You'll be gripping the top bar and bracing your forearms on the bottom bar.

So stand in front of the bar and get a grip - a little inside shoulder width - underhand grip.



Set your feet a little forward then squat down.



Now pull yourself up, as though you were doing a chin-up. Use your legs **only** as much as you need to for help. The majority should be bicep pull.



Pull all the way to the top and squeeze your biceps HARD.



Lower and repeat. Remember, use help from your legs only as much as you need to.

You can also use this setup to do negative reps, standing up on the positive and taking your feet off the ground to use your full bodyweight on the negative.

Your biceps will be on fire after a few sets of this one - a bodyweight bicep exercise!



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## Tricep Floor Rollbacks

Training at home or while traveling (I was going to say "while on the road" but I just got a visual of somebody laying down on an actual road to do this exercise) presents special problems...the most prominent one is lack of actual training equipment.

I'm not about to let that stop you, though!

**This a deceptively powerful exercise for hitting the triceps** with a great contraction without any equipment at all.

For this one, you'll need a floor. That's pretty much it.

Lay on your back on the floor and place your hands flat on the floor by your butt, palms down.

Bend your knees up into your chest and hold them there, locked in that position as you do the exercise. Your legs are basically going to be your resistance.



**Now push HARD against the ground with your hands** (I like to press with my fingers, keeping my palms off the ground) in order to roll your body up and back, squeezing your triceps hard.

**Remember, this isn't a leg raise for your abs...**you need to focus on pushing with the triceps in order to make this hit the right muscles.



And because your arms are behind your back, you're hitting the strongest anatomically-possible contracted position of the triceps. That means it's going to be a VERY hard squeeze!

You can demonstrate this on yourself very easily right now. Hold your arms straight out in front you and contract your triceps. You'll get a bit of a squeeze.

Now, with arms straight, put them back behind you as FAR as you possibly can and squeeze.

Feel the difference?

Now just add bodyweight.



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## **Dumbbell Between the Feet**

You can also adjust the resistance that you apply to the triceps in this exercise by straightening your legs a little or by holding a dumbbell pinched between your feet. Here are a few pics with holding the dumbbell between the feet.

The key here is keep that dumbbell pinched SOLIDLY between your feet and use a weight you know you can do that with - you DO NOT want to drop it. I'm not speaking from personal experience on this one, luckily, but I have a feeling that's a lesson you'd only have to learn once.



**This is a VERY simple way to get some extra resistance with this exercise.** I think you'll be surprised at how effective this one is. Heck, lie down on the floor and try it right now (unless you're at a public location, of course...then again, maybe you're at a public location and just don't care!)



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## Incline Barbell Curls

I'll just start by saying the **Incline Dumbbell Curl is one of the best bicep exercises** you can do, without question. So how can it be done with a barbell instead of dumbbells? Easy.

Instead of using dumbbells and letting the arms hang down beside your body, we're going to use the incline bench to hit the biceps in a somewhat different manner.

If you've ever done a seated barbell curl where you sit on a bench and start with the barbell resting on your thighs, you'll know how this one starts.

Now, instead of sitting with your torso vertical, you will instead be lying back on the incline. This exercise resembles a sort of preacher curl mechanic in that **it allows you to really hit the lower aspect of the biceps** because of the angle of your upper arms and how the resistance is moved.

Here's the setup - incline bench and a barbell. That's it. I'm using the EZ Curl bar in the pictures but you can use pretty much any bar for this one.



Lean forward and pick up the barbell, sit on the bench and rest the barbell on your lap. Your grip on the bar should be such that your hands are resting on your thighs and NOT the bar itself resting on your thighs - this makes the exercise more comfortable at the bottom.



Now, with the bar starting from a dead stop (no bicep tension) and arms straight, start curling the weight up.



Come all the way up to the top of the curl position. Since you're leaning back, most of the tension on the biceps is going to come from just holding the weight up rather than from the contraction, so be sure to focus on maintaining a conscious bicep squeeze at the top.

I'll tell you, though, even just holding the weight in this position, supported by your biceps really DOES keep good tension on all by itself.



Lower the barbell slowly back down to your thighs. When using heavier weight, rest the bar completely on your thighs again, taking the weight off the biceps. That way, you'll start from a dead stop again. The video shows this well.

Here's the front view:



Another technique you can use with great effect on this exercise is to reduce the weight and do reps **WITHOUT** resting the barbell on your thighs at the bottom of each rep.

This is VERY challenging because at the bottom, you're supporting the whole weight on the biceps (and shoulders to some degree). You'll definitely need a lighter weight for this one but it really works like crazy.

Try not to let your elbows fully lock out at the bottom here...keep a very slight bend to maintain tension in the biceps at the bottom.



This technique is found at the end of the video below so be sure to watch it all the way through. You'll really hit the biceps hard with this one!

It looks like a lazy man's curl but it'll give your biceps a run for their money.



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For This Exercise](#)**

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## **Barbell Leverage Curls**

The standard barbell curl is a great bicep exercise. **So I'm going to turn it 90 degrees and make it even better!** I find this exercise actually gives me better tension on the upper arm flexors than most standard curling exercises.

For this version of the barbell curl, you're going to be making use of a very different concept in resistance. You're going to be turning the barbell 90 degrees (like I mentioned above) and curling the barbell **LENGTHWISE**.

I'll explain in more detail about why it's so effective after you see exactly what it is. It'll make it easier to get the idea of why it's such a powerful concept.

First, get an EZ bar and load one end of it. The bends in the bar make it much easier on the wrist as you're doing this exercise...much more so than a straight bar.

You really don't need much weight - just a 5 or 10 lb plate will be fine for starters. The way you lift the weight is going to make that small amount feel like a whole lot more!

Here's a shot of me holding the bar loaded with one plate on the end. You know, I just realized this sure looks like a fishing trophy pose...just caught me a 30 lb steelhead!





Right, so now, you're going to hold the bar lengthwise with one hand. Grip it just a bit past the center on the angled part. The rest of the bar will run directly up the back of your forearm. The loaded end should be down. The pictures show it better than I can explain it.

You'll need to experiment a bit with where you grip, but as you can see in the picture below, where I'm gripping on the bar is where it angles backward. This takes some of the pressure off the wrist as you're doing the exercise.



Now comes the fun part...start raising the loaded end of the barbell up with a curl motion. The length of the bar will press against the back of your forearm.



Keep curling all the way up as high as you can. It looks like very similar to reeling in a fish with a fishing pole (boy, I just keep beating the carp out of this fishing analogy, don't I? :)



If you need a little help, you can spot yourself with the other hand.



Here's what the exercise looks like with the other hand.



Now here's a view from a bit further back.







That's the movement!

## Why It's So Good

This type of leverage training hits the muscles from a very different angle because of how you're applying leverage to the bar. **You're basically making the barbell an extension of your arm**, placing the resistance further out from the fulcrum (pivot point).

That means you can use less actual weight but still get more resistance.

Technically speaking, when you do a regular barbell curl, the fulcrum of the exercise is INSIDE the elbow joint. When you do THIS exercise, the fulcrum actually moves OUTSIDE the elbow joint. This fulcrum is where the barbell contacts the bottom of your forearm as you curl up.

Without going into too much anatomical and kinesiological detail, the bottom line is, using the barbell like this greatly changes how resistance is applied to the muscles and provides an excellent growth stimulus BECAUSE it's such a huge change in how the resistance is applied.

**The other good thing about this exercise?** At the top of the curl, the weight is still away from your body at an angle, and you still get tension even at the top of the range of motion!

Just be sure you don't whack somebody walking in front of you when you're doing this one at the gym...

On the other hand, it WOULD teach them a good lesson about walking in front of you while you're training...



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## On Barbell Tricep Extension-Presses

**Okay, you got me...I had no idea what to call this one.** That's a common problem with me because I come up with some pretty wild combinations of other exercises - sometimes the naming is harder than the exercise itself!

Not this one, though. It's a combination of close grip push-up, a tricep extension and almost a horizontal pike handstand push-up/Arnold press. **Try and mash THAT into a coherent name.**

Anyway, for this one you'll need a barbell and a bench (or chair or whatever) and something to brace the barbell on. I'm using a rack to push the bar up against and that was the easiest but it can be anything solid. A wall won't really work because your body has to go forward over the bar a little ways.

So set a couple of plates on the bar to get it up off the ground a bit then push it up against the solid object. Set a bench a few feet back from the bar (it can be parallel or lengthwise - doesn't really matter as long as it won't slide out from under you).

Set your hands on the bar about shoulder-width apart then set your feet on the bench.



Get yourself into a pike position with your arms fully straight and locked out - this is the start position. This pike position is what makes it different than a standard close-grip push-up - you'll see why in a second.



Now lower yourself down and forward, bending your arms and straightening out your body as you do so.



Bring your body all the way down until your stomach is touching the bar. This is the bottom position.



**Now here comes the critical part** - you're **NOT** just going to do a close-grip push-up here.

You're going to push yourself UP and BACK into the pike position where you started...



When you're at the top, be sure to **push yourself all the way up and fully lock out your arms**. Push your butt as high in the air as you can. This kicks in the long head of the triceps, bringing in the shoulder extension function of the triceps.



It's hard to really get an idea for how this goes in the still pics here but when you see it done in the video, you'll see exactly why it's so effective for the triceps.

You're not only doing a close-grip press but also using your triceps to push your body back up to the pike position. It's a great multiple-angle, bodyweight hit to the tri's.

**And let me tell you, even if you're strong, this'll have your triceps toasted in just a few sets.**

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## Incline Face-Away Pushdowns

The pushdown is, of course, one of the standard exercises for developing the triceps. **This variation puts very powerful tension on the triceps**. Not only do you have to do the exercise but the direction of pull from the high pulley means you also have to exert constant tension in order to keep your arms down at your sides.

**This is a great double-trouble exercise that will set your triceps on fire!**

First, set an incline bench in front of a high pulley with the bench facing away. You can use any attachment with this - bar, rope, triangle bar, etc. Lay back on the bench and reach back overhead and grab the attachment.



Bring the cable down and in front to the start position you would normally begin the pushdown exercise. Keeping your arms at your sides, do the pushdown, coming around to the bottom. Squeeze the triceps very hard at the bottom.



At the bottom, try to push your shoulders down as though you are trying to push the attachment down onto your thighs. This more fully engages the long head of the triceps, which is also partly responsible for shoulder adduction (which in English means bringing the arms down towards your hips) along with the lats.

As you're doing the exercise, let the cable come down on either the left or right side of your neck...whichever is comfortable for you.

Complete the full set of reps, let the bar back up overhead and set it back down. **Now good luck trying to keep your arms down by your sides...your triceps are going to be so pumped up after that set!**

For an extra hit to the long head of the triceps, you can let the arms come up a bit at the top of the movement. This turns the top into a bit of a pullover movement, increasing the activation of the long head of the triceps utilizing that shoulder adduction that I mentioned above.



The first time I did this exercise, it felt like somebody was jabbing knives into my triceps (in a good way, of course :)...the effect on the triceps is that strong.



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## **Incline Face Away Cable Close Grip Presses**

This exercise is done with the same setup as the Incline Face Away Pushdown above. Because you'll be doing a press, this version allows you to use more weight than with the pushdown variation while getting the same benefits of the angle of the bench, etc.

Use the bar attachment for this exercise. Start the exercise with your arms extended like you were in the bottom of the pushdown. Now bring the bar up to your body, bending the elbows like you're doing a close grip press. The bar should hit you in the lower rib cage (this helps keep tension on and minimizes elbow pain). Keep your elbows in close to your sides (for variety, you can also try flaring them wide to the sides and see what works better for you).



Push the bar down and away from your body and squeeze the triceps hard. The difference from the pushdown is that you're not coming around in an arc away from your body...you're keeping that bar nice and close to your body. This is what allows you to use more resistance on the exercise.



This version of the close grip press works really well because **it keeps tension on through the entire range of motion**, even all the way to lockout, where the close-grip press usually loses tension. The upwards pulling tension of the cable means you have to use the triceps constantly in order to keep the bar down.

When performing this exercise, it can be helpful to use a length of chain (or extra cable) to extend the reach of the cable. With an extra 2 feet of chain, you can start the exercise from a lower position so you don't have to pull the weight down from overhead. Just use the cable and set the bar on the bench. Before you sit on the bench, grab the handle, bring it around in front of your body, then begin the movement.



It may take a little experimentation to get the right length on the chain but it's worth it because you can then use more weight on the exercise.

**This exercise can also be used as a burnout/finisher from the Incline Face Away Pushdown.** Once you've done as many reps as you can on the pushdown, just finish up doing as many presses as you can. Your triceps will be completely burnt out by the end of that set!

**[Click Here To Watch The Video](#)**



## For This Exercise

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## Shoulder Curls

Yes, I fully realize the name of this exercise just sounds like an oxymoron. I thought of naming it something simpler like: Dynamic Isometric Bicep Anterior Deltoid-Focused Flexions.

But that name was already taken...

Yeah, right.

Anyway, this actually is a VERY simple exercise, but **don't let the simplicity fool you**. It's extremely effective for hitting not only the biceps, but that area where the biceps and the shoulder muscles meet.

**If you've ever wanted that shoulder "cap" look**, this exercise will help you fill that in from the front (for the side, you'll triceps and some side delt work).

So basically, you're going to start by curling a barbell to the normal top curl position. Use a weight you could usually get 8 to 12 reps with.



Then you're going to **LOCK** your elbows into that flexed position and lower only your upper arms to your sides.

The bar will only come down to about the bottom of your rib cage...your upper arms will come down and a little behind your body. The bar should be right up against your upper abdomen at the bottom of the rep.



Then, using **ONLY** movement at the shoulders, bring the bar back up to the top position of the curl.

This explains the name of the exercise - it looks like a curl and your elbows are in the fully-curl'd/fully flexed position but the only actual **MOVEMENT** occurs at the shoulders.

So why do we want to do this?

You're going to get a **GREAT** isometric contraction (which means "without movement") in your biceps with this one because you're keeping your biceps tightly flexed through the **WHOLE** movement.

**That's a critical point.**

As you bring the bar up and down by moving at the shoulder, you're also moving where the tension is greatest on the biceps. When the bar is at your stomach, it's lower on the bicep. When the bar is up at your chin, it's higher up on the bicep.

This is like a dynamic isometric movement (which is **TOTALLY** an oxymoron - put those two words together and it means an actively unmoving exercise!) in that the elbow joint isn't moving.

By changing the angle of your shoulder, gravity is putting "rolling" tension on the biceps muscles.

Give this one a try! I have a feeling it might surprise you with how well it works.



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## Lateral Cable Cross-Over Tricep Extensions

This exercise is going to target the long head of the triceps, which runs directly down the back of the arm. It's the largest of the three heads of the tricep muscle (tri=three...cep=head) and **it's also target #1 for women looking to tighten up that "batwing" thing.**

Naturally, if you've got a lot of extra fat under your skin contributing to that flapping, no amount of direct tricep work is going to help - you need to work on getting rid of that as well. **But if fat is not the problem, this exercise CAN definitely make a difference.**

The long head of the tricep makes up the back half of that horseshoe shape, in addition to a good chunk of the overall mass of the tricep itself.

Set up a fairly light weight on this one the first time you do it, until you get the idea of how the exercise is done...you can always increase the weight in the next set once you get an idea of how much you're able to work with.

Grab the LEFT pulley handle with your RIGHT hand then step over and grab the RIGHT pulley with your LEFT hand. The cables will be crossing up right in front of your face.





Your hands will be beside your head - this start position actually looks like a bicep pose.



Now, keeping your upper arms horizontal (parallel to the ground), extend outwards and a little bit behind you, bringing the handles wide and to the sides.





Try to imagine as you push those handles down and back that somebody is pushing a giant ball into your back that's pushing your chest forward as you're wrapping your arms around that ball.

Because not only are you trying to extend directly out to the sides, in this arm position that small bit of backwards tension also helps to involve the lateral head of the triceps (the other part of that horseshoe).

**This extra squeeze will really help bring out the definition in your arms.**

Repeat for 10 to 12 reps, squeezing the triceps HARD at the bottom of each rep.

If you don't have a full cable cross-over machine, you can also do this one on a single cable machine...even on the lat pulldown machine!

Just hook a single handle on and grab the pulley with your right hand with your left side towards the stack. The exercise is performed exactly the same way - just done one arm at a time, without two cable crossing in front of you.



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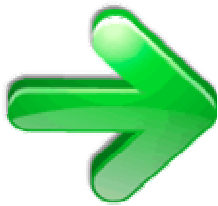
# So...How Did You Like The Exercises?

**If you can't scratch your nose tomorrow,  
you can blame it all on me... :)**

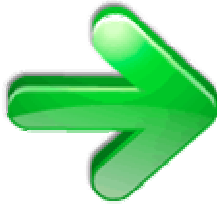
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- help build big, ripped arms that stretch a guys shirt sleeves and command attention
- help the ladies get that tight, eye-popping definition that looks great in a sleeveless shirt

...then I've got just the book for you.



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