



***INCREDIBLE  
CURL VESTER  
WEEK***

*Special Home Edition*

Power  
Athletics  
Gym

# LAUCHÄERM ELZERSPREN GUNGSWEEK.

## **Improvise. Adapt. Overcome**

Die Gyms sind zu und dich beschleicht so langsam der Verdacht, dass deine Ärmel immer dünner werden und zu Zahnstochern mutieren? Keine Sorge. Curlvester steht vor der Tür. Wir zeigen dir, wie du deine Ärmel wieder aufsprengen kannst, um sorgenlos schlafen zu können.

Für ein ordentliches Armworkout zu Hause brauchst du keine speziellen Maschinen oder spezielles Equipment. Ärmeltraining ist kurz und simpel. Danach siehst du nicht nur fitter und sportlicher aus, sondern fühlst dich auch so! Ein paar Gummibänder, leichte Hanteln oder Haushaltsgegenstände und dein eigenes Körpergewicht sind alles, was du brauchst, um deine Waffen wieder glänzen zu lassen.

## **Warum du starke Arme brauchst**

Allzugern behaupten Untrainierte voluminöse Ärmel stünden in einer negativen Korrelation zum Intelligenzquotienten des Athleten. Andere wiederum sehen keinen funktionalen Vorteil von fleischigen Keulen hinsichtlich besserer Leistungsfähigkeit und Stärke. Kompletter Unsinn!

Deine Arme fungieren als integraler Verbindungspunkt zwischen Händen und Schultern. Sie sollten auf jeden Fall trainiert werden, um bei allen Arten von Aktivitäten Kraft und Muskelwachstum zu ermöglichen, aufrechtzuerhalten und zu maximieren.

Größere und stärkere Armmuskeln helfen dir stärker zu drücken und zu ziehen. So sind massive Hufeisen deine NASA Raketendüsen beim Bankdrücken. Auch Werfen, Schlagen und sogar das Dribbeln eines Basketballs erfordern Trizepspower und -koordination. Die Kraft deines Bizeps geht unterdessen mit der Griffstärke einher, sodass jeder Athlet, der sich darauf verlässt, an etwas oder jemandem festzuhalten (Kletterer, Ringer) von ein paar mehr Muskeln profitiert.

Natürlich sind Trikotärmelsprengende Keulen auch beeindruckend anzusehen und können einem Athleten einen mentalen Vorteil verschaffen, wenn er zum Wettkampf erscheint. Vor wem hättest du mehr Respekt im Wettkampf? Vor The Rock oder The Klappstuhl? Eben.

## **Wie du deine Ärmel ohne Gewichte aufbulken kannst**

Für dein Heimtraining brauchst du grundsätzlich nur dein eigenes Körpergewicht. Klimmzüge und Liegestütze können hauptsächlich als Rücken- und Brustübungen bezeichnet werden. Sie wirken jedoch auch auf den Bizeps bzw. den Trizeps.

Wenn du jedoch deine Armtrainingsoptionen erweitern willst, solltest du dir ein paar elastische Bänder anschaffen. Mit Bändern kannst du deine Arme besser für traditionelle Curl- und Pushdown- / Extensionsbewegungen isolieren, die den Bizeps und den Trizeps direkter überlasten. Bänder erschweren die Übungen an dem Punkt im Bewegungsbereich, an dem du am stärksten bist, und entspannen sich dort, wo du schwach bist. Dies garantiert ein effizientes und gelenkfreundliches Training.

### **Der Curlvester Armtrainingsplan für zu Hause mit und ohne Gewichte**

4 Trainingstage

- 2x mit Fokus auf Bizeps
- 2x mit Fokus auf Trizeps

Benötigtes Equipment

- 2 elastische Bänder mit unterschiedlichen Stärken
- 2-6 Hanteln, alternativ Wasserflaschen, Kartoffelsäcke oder grifffreundliche Haushaltsgegenstände
- Langhantel, alternativ Besenstil oder Ähnliches

Der Trainingsplan verfolgt 2 Ziele: Aufbau von kanonenkugelförmigen Bizeps und diamantharten Hufeisen.

# **UNLEASH YOUR BEAST!**



| 29.12.2020                                     | Week 1   |      |     |          | Week 2 |      |     |      | Week 3 |      |     |      | Week 4 |      |     |      |
|--|--|------|-----|----------|--------|------|-----|------|--------|------|-----|------|--------|------|-----|------|
|  | I  | W    | R   | D        | I      | W    | R   | D    | I      | W    | R   | D    | I      | W    | R   | D    |
|  | Warm up  |      |     |          |        |      |     |      |        |      |     |      |        |      |     |      |
| Take It serlou!                                |  |      |     |          |        |      |     |      |        |      |     |      |        |      |     |      |
| Arm screw                                      |  |      |     |          |        |      |     |      |        |      |     |      |        |      |     |      |
| Raffiki elbow circles                          |  |      |     |          |        |      |     |      |        |      |     |      |        |      |     |      |
| Inverted pushup rotation                       |  |      |     |          |        |      |     |      |        |      |     |      |        |      |     |      |
| Split-Stance Overhead Banded Triceps Extension |  |      |     | 10min.   |        |      |     |      |        |      |     |      |        |      |     |      |
| No Rest.                                       |  |      |     | 20       |        |      |     |      |        |      |     |      |        |      |     |      |
|  |  |      |     | 20       |        |      |     |      |        |      |     |      |        |      |     |      |
|  |  |      |     | 20       |        |      |     |      |        |      |     |      |        |      |     |      |
|  |  |      |     | 20       |        |      |     |      |        |      |     |      |        |      |     |      |
| Bent-Over Bodyweight Rear-Delt Raise           |  |      |     |          |        |      |     |      |        |      |     |      |        |      |     |      |
| Rest 30s between Sets.                         |  |      |     | 20       |        |      |     |      |        |      |     |      |        |      |     |      |
|  |  |      |     | 20       |        |      |     |      |        |      |     |      |        |      |     |      |
|  |  |      |     | 20       |        |      |     |      |        |      |     |      |        |      |     |      |
|  |  |      |     | 20       |        |      |     |      |        |      |     |      |        |      |     |      |
| Feet-Elevated Close-Grip Negative Pushup       |  |      |     |          |        |      |     |      |        |      |     |      |        |      |     |      |
| Rest 45s between Sets.                         |  |      |     |          |        |      |     |      |        |      |     |      |        |      |     |      |
|  |  |      |     | MAX      |        |      |     |      |        |      |     |      |        |      |     |      |
|  |  |      |     | MAX      |        |      |     |      |        |      |     |      |        |      |     |      |
|  |  |      |     | MAX      |        |      |     |      |        |      |     |      |        |      |     |      |
|  |  |      |     | MAX      |        |      |     |      |        |      |     |      |        |      |     |      |
| Bench Bodyweight Dip                           |  |      |     |          |        |      |     |      |        |      |     |      |        |      |     |      |
| No Rest.                                       |  |      |     |          |        |      |     |      |        |      |     |      |        |      |     |      |
|  |  |      |     | 10       |        |      |     |      |        |      |     |      |        |      |     |      |
|  |  |      |     | 10       |        |      |     |      |        |      |     |      |        |      |     |      |
|  |  |      |     | 10       |        |      |     |      |        |      |     |      |        |      |     |      |
| Pushup Hold                                    |  |      |     |          |        |      |     |      |        |      |     |      |        |      |     |      |
| Rest 60s between Sets.                         |  |      |     |          |        |      |     |      |        |      |     |      |        |      |     |      |
|  |  |      |     | Hold 30s |        |      |     |      |        |      |     |      |        |      |     |      |
|  |  |      |     | Hold 30s |        |      |     |      |        |      |     |      |        |      |     |      |
|  |  |      |     | Hold 30s |        |      |     |      |        |      |     |      |        |      |     |      |
| Single-Arm Triceps Overhead Stretch            |  |      |     |          |        |      |     |      |        |      |     |      |        |      |     |      |
|  |  |      |     |          |        |      |     |      |        |      |     |      |        |      |     |      |
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|  |  |      |     |          |        |      |     |      |        |      |     |      |        |      |     |      |
| Parasympathic return                           | GHR Hang, Lying Wall Shakes, Fascia Stretches, Activation, Power Pose                            |      |     |          |        |      |     |      |        |      |     |      |        |      |     |      |
| Mood: 1-5 (very happy - very bad)              |  |      |     |          |        |      |     |      |        |      |     |      |        |      |     |      |
| Muscle Soreness from last Training 1-10        |  |      |     |          |        |      |     |      |        |      |     |      |        |      |     |      |
| Session: RPE 1-10; Time In Min.                | RPE  | Min. | RPE | Min.     | RPE    | Min. | RPE | Min. | RPE    | Min. | RPE | Min. | RPE    | Min. | RPE | Min. |
| Legend   | ! = Weight Indicator; W = Weight; R = Reps; D = Reps done; RIR = Reps in Reserve; MAX = Max Reps |      |     |          |        |      |     |      |        |      |     |      |        |      |     |      |

| 30.12.2020  | Week 1         |   |   |   | Week 2 |   |   |   | Week 3 |   |   |   | Week 4 |   |   |   |
|---|----------------|---|---|---|--------|---|---|---|--------|---|---|---|--------|---|---|---|
|   | I              | W | R | D | I      | W | R | D | I      | W | R | D | I      | W | R | D |
|   | <b>Warm up</b> |   |   |   |        |   |   |   |        |   |   |   |        |   |   |   |
| <b>Take It serlous!</b>                                 |                |   |   |   |        |   |   |   |        |   |   |   |        |   |   |   |
| Arm screw   |                |   |   |   |        |   |   |   |        |   |   |   |        |   |   |   |
| Raffiki elbow circles                                   |                |   |   |   |        |   |   |   |        |   |   |   |        |   |   |   |
| Inverted pushup rotation                                |                |   |   |   |        |   |   |   |        |   |   |   |        |   |   |   |
|   |                |   |   |   |        |   |   |   |        |   |   |   |        |   |   |   |
| <b>Bent-Over Banded Row</b>                             |                |   |   |   |        |   |   |   |        |   |   |   |        |   |   |   |
| <b>Rest 15s between Sets.</b>                           |                |   |   |   |        |   |   |   |        |   |   |   |        |   |   |   |
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| <b>Single-Arm Banded Reverse Curl</b>                   |                |   |   |   |        |   |   |   |        |   |   |   |        |   |   |   |
| <b>Rest 45s between Sets.</b>                           |                |   |   |   |        |   |   |   |        |   |   |   |        |   |   |   |
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| <b>Klimmzug an der Tür</b>                              |                |   |   |   |        |   |   |   |        |   |   |   |        |   |   |   |
| <b>Rest 60s between Sets.</b>                           |                |   |   |   |        |   |   |   |        |   |   |   |        |   |   |   |
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|   |                |   |   |   |        |   |   |   |        |   |   |   |        |   |   |   |
| <b>Banded Bent-Arm Shrug</b>                            |                |   |   |   |        |   |   |   |        |   |   |   |        |   |   |   |
| <b>Rest 10s between Sets.</b>                           |                |   |   |   |        |   |   |   |        |   |   |   |        |   |   |   |
|   |                |   |   |   |        |   |   |   |        |   |   |   |        |   |   |   |
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|   |                |   |   |   |        |   |   |   |        |   |   |   |        |   |   |   |
| <b>Kneeling Banded Biceps Curl w/ 5-Second Iso Hold</b> |                |   |   |   |        |   |   |   |        |   |   |   |        |   |   |   |
| <b>Rest 60s between Sets.</b>                           |                |   |   |   |        |   |   |   |        |   |   |   |        |   |   |   |
|   |                |   |   |   |        |   |   |   |        |   |   |   |        |   |   |   |
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|   |                |   |   |   |        |   |   |   |        |   |   |   |        |   |   |   |
| <b>Single-Arm Biceps Stretch</b>                        |                |   |   |   |        |   |   |   |        |   |   |   |        |   |   |   |
|   |                |   |   |   |        |   |   |   |        |   |   |   |        |   |   |   |
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| <b>Parasympathic return</b>                             |                |   |   |   |        |   |   |   |        |   |   |   |        |   |   |   |
| Mood: 1-5 (very happy - very bad)                       |                |   |   |   |        |   |   |   |        |   |   |   |        |   |   |   |
| Muscle Soreness from last Training 1-10                 |                |   |   |   |        |   |   |   |        |   |   |   |        |   |   |   |
| Session: RPE 1-10; Time In Min.                         |                |   |   |   |        |   |   |   |        |   |   |   |        |   |   |   |
| <b>Legend</b>   |                |   |   |   |        |   |   |   |        |   |   |   |        |   |   |   |

! = Weight Indicator; W = Weight; R = Reps; D = Reps done; RIR = Reps in Reserve; MAX = Max Reps



| 31.12.2020                                   | Week 1   |   |      |   | Week 2 |   |      |   | Week 3 |   |      |   | Week 4 |   |      |   |  |
|--|--|---|------|---|--------|---|------|---|--------|---|------|---|--------|---|------|---|--|
|  | I  | W | R    | D | I      | W | R    | D | I      | W | R    | D | I      | W | R    | D |  |
|  | Warm up  |   |      |   |        |   |      |   |        |   |      |   |        |   |      |   |  |
| Take It serlou! (grey)                       |  |   |      |   |        |   |      |   |        |   |      |   |        |   |      |   |  |
| Arm screw                                    |  |   |      |   |        |   |      |   |        |   |      |   |        |   |      |   |  |
| Raffiki elbow circles                        |  |   |      |   |        |   |      |   |        |   |      |   |        |   |      |   |  |
| Inverted pushup rotation                     |  |   |      |   |        |   |      |   |        |   |      |   |        |   |      |   |  |
|  |  |   |      |   | 10min. |   |      |   |        |   |      |   |        |   |      |   |  |
| Banded Pushup                                |  |   |      |   |        |   |      |   |        |   |      |   |        |   |      |   |  |
| Rest 15s between Sets.                       |  |   |      |   |        |   |      |   |        |   |      |   |        |   |      |   |  |
|  |  |   |      |   |        |   |      |   |        |   |      |   |        |   |      |   |  |
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| Banded Triceps Pushdown                      |  |   |      |   |        |   |      |   |        |   |      |   |        |   |      |   |  |
| Rest 45s between Sets.                       |  |   |      |   |        |   |      |   |        |   |      |   |        |   |      |   |  |
|  |  |   |      |   |        |   |      |   |        |   |      |   |        |   |      |   |  |
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| Constant-Tension Triceps Pushup              |  |   |      |   |        |   |      |   |        |   |      |   |        |   |      |   |  |
| Rest 60s between Sets.                       |  |   |      |   |        |   |      |   |        |   |      |   |        |   |      |   |  |
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| Alternating Shoulder Taps                    |  |   |      |   |        |   |      |   |        |   |      |   |        |   |      |   |  |
| Rest 10s between Sets.                       |  |   |      |   |        |   |      |   |        |   |      |   |        |   |      |   |  |
|  |  |   |      |   |        |   |      |   |        |   |      |   |        |   |      |   |  |
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|  |  |   |      |   |        |   |      |   |        |   |      |   |        |   |      |   |  |
| Banded Triceps Kickback w/ 5 Second Iso-Hold |  |   |      |   |        |   |      |   |        |   |      |   |        |   |      |   |  |
| Rest 60s between Sets.                       |  |   |      |   |        |   |      |   |        |   |      |   |        |   |      |   |  |
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| Single-Arm Triceps Overhead Stretch          |  |   |      |   |        |   |      |   |        |   |      |   |        |   |      |   |  |
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| Parasympathic return                         | GHR Hang, Lying Wall Shakes, Fascia Stretches, Activation, Power Pose                            |   |      |   |        |   |      |   |        |   |      |   |        |   |      |   |  |
| Mood: 1-5 (very happy - very bad)            |  |   |      |   |        |   |      |   |        |   |      |   |        |   |      |   |  |
| Muscle Soreness from last Training 1-10      |  |   |      |   |        |   |      |   |        |   |      |   |        |   |      |   |  |
| Session: RPE 1-10; Time In Min.              |  |   |      |   |        |   |      |   |        |   |      |   |        |   |      |   |  |
|  | RPE  |   | Min. |   | RPE    |   | Min. |   | RPE    |   | Min. |   | RPE    |   | Min. |   |  |
| Legend                                       | ! = Weight Indicator; W = Weight; R = Reps; D = Reps done; RIR = Reps in Reserve; MAX = Max Reps |   |      |   |        |   |      |   |        |   |      |   |        |   |      |   |  |