

Take Your Body To The Next Level - How To Build A Super Impressive Physique
By Paul Becker
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You've been trained very hard for some years now. You've build up some good muscle size, and your dieting and cardio workouts have given you some decent definition also. But you still feel like something is missing - you look good but you want to look great! Well, now is the time to work on your "impressive muscles". Some muscle groups are more likely to impress people then others, these are the muscle groups that people who have never trained with weights have little to no development in at all. When these areas are fully developed, they become super impressive to people on the street and even your fellow gym rats.

So if you're ready to take your physique from merely looking good to looking amazing, then here are the areas to work on: 1) Wider Shoulders, 2) Thicker Pecs, 3) Larger Upper Arms, 4) Smaller Waist With Etched Abs and 5) Diamond Calves. When you have developed these to the max, you will take on a classic refined look that will put you a step above everyone else in your gym. OK, I know you're excited and ready to get started, so let's get to the workouts you'll be doing for for each muscle group:

1) Wider Shoulders

What you want to do it maximize your development of the lateral head of the deltoid, this is what gives you width. Start with the Dumbbell Lateral Raise, use a weight that you can do in a slow and controlled manner. Hold the top position for a count of two and really feel the burn in the lateral head of your delts. Do 3 sets of 15 reps. Next is Barbell Upright Rows, keep your elbows high and the bar close to your body, hold at the top for a count of two while flexing your shoulders. Do 3 sets of 10 reps. To finish off your shoulders do Dumbbell Presses, keep your elbows back and don't lock out at the top. Do 3 sets of 6 reps.

2) Thicker Pecs

Start off with Dumbbell Flys, keeping your arms bent. Get a good stretch at the bottom and come up like your hugging someone, do not touch the dumbbells at the top so you keep constant tension. Do 3 sets of 15 reps. Next is the Bench Press, Keep your elbows back and Don't lock out at the top. Do 3 sets of 12 reps. Now Incline Dumbbell Press, while keeping your elbows back start at the bottom with the dumbbells wide and as you press move them closer together till then touch at the top, flex your upper pecs hard, lower and repeat. Do sets of 12 reps. Last is Parallel Bar Dips, keep your chin on your chest and your elbows out wide, not close to you body. Do 3 sets of 6 reps, add weight as you get stronger.

3) Larger Upper Arms

Alternating Dumbbell Curls, start off with the palms facing down and as you curl rotate the dumbbells up so your palms are facing up. Raise your pinky high and flex your bicep hard at the top. Do 3 sets of 15 reps. Next do Barbell Curls, put one foot slightly forward and curl up without bending back. Do 3 sets of 8 reps. Lastly do Dumbbell Hammer Curls, these build the brachialis a large muscle beneath the biceps. This is often a weak link in arm development. Many have found that by adding specific brachialis exercises to their workouts can increase their upper arm size by as much as one inch in a month. Do 3 sets of 10, 8 and 6 reps adding weight each set.

Now you'll want to hit the long head of the Triceps and this will make your arms look huge when standing relaxed. The first exercise is Bench Dips, place two flat benches parallel to each other, about three to four feet apart. Using your hands to support your weight, lift your feet to the top of the other bench so that the rest of your body is suspended between the two benches. Slowly lower your body toward the floor by bending your elbows until your upper arms and forearms form a right angle. Slowly rise back up to the start position by straightening your arms. The secret is to keep your elbows back and as close as possible to each other. Do 3 sets of 12 reps. Next is Dumbbell Kickbacks, keep elbows tight to side also trying to pull them as close together as possible. Hold and flex at the top for a count of two. Do 3 sets of 15 reps. Lastly Tricep Pushdowns, do 3 sets of 10, 8 and 6 reps adding weight each set.

4) Smaller Waist With Etched Abs

Frog Crunches. Lie flat on your back and draw your heels up under your knees wide and out to the sides like a frog. Place your hands with a barbell plate behind your head. Keep your head down with your chin on your chest as your shoulders round forward curl your upper body until only the small of the back remains in contact with the floor. This movement is not a stiff back sit up, it is a roll movement and you must perform it as such for it to produce results. Crunch your abs hard at the top and hold for a count of three. Do 3 sets of 20 reps. Remember crunches only tone the ab muscles, you need a lowered calorie intake to burn off the fat, to make the waist smaller and so the muscles then show through clearly.

5) Diamond Calves

Start with Seated Calf Raises, move slow (no bouncing) get a good stretch at the bottom then hold and flex your calf hard at the top for a count of two. Do 3 sets of 20 reps. Next is Standing One Leg Calf Raises, it's been found that a straight leg generates less torque than when the knee is slightly bent about 20 degrees keep it fixed at that angle throughout the exercise. Hold a dumbbell on the same side as the working calf, use your other hand for support. Do 3 sets of 12 reps.

Time To Get Pumping!

Hopefully you now see that training your "impressive muscles" will bring your physique up to a whole new level!

About The Author: Paul Becker is a natural (steroid free for life) bodybuilder and fitness consultant. For more information on [Bodybuilding](#) and [Bodybuilding Supplements](#) visit his website at <http://www.trulyhuge.com>

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