



The fabulous Coe biceps.
Our 1971 WBBG Pro Mr. America
tells you how he got 'em — and
how Nautilus training is packing
on more size than ever before!

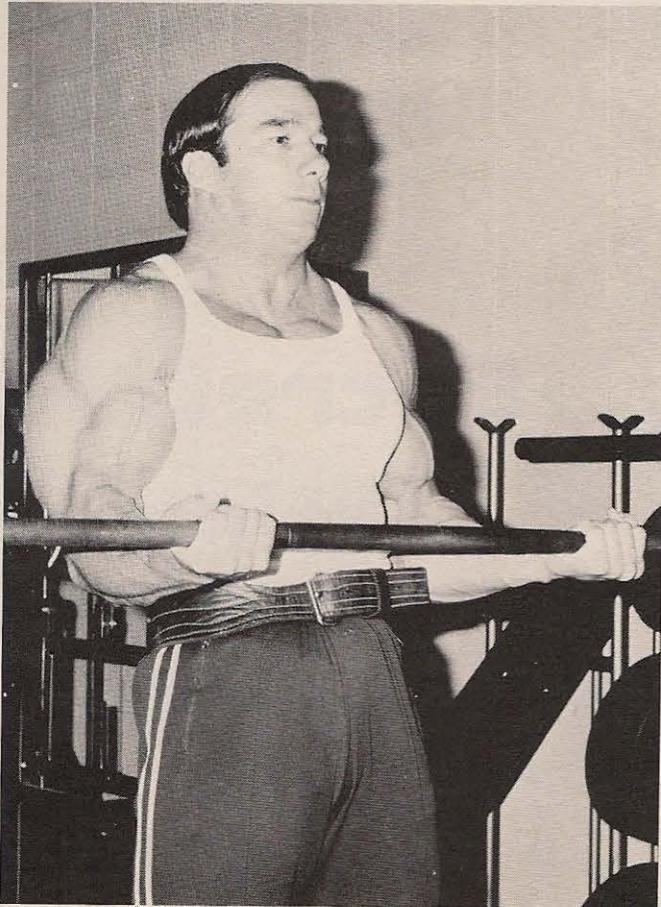
Secrets of Ultimate Arm Development

By Boyer Coe

AT first glance, the above title may seem a tall order. But it can be accomplished, and in some cases quite fast; not easily—but fast. For no matter who you are or what you have been doing in the way of arm training you will improve on this routine. And you won't have to wait long to see the results.

I have been training with weights seriously for nine years and the first time I went through one cycle of this routine my arms were severely sore for several days after.

Here and now I want it known that I did not discover this routine and the principles behind it, nor do I wish to take credit for them. This routine and the equipment used and other machines and routine for other bodyparts that I will describe in future articles are the "brain children" of Arthur Jones. I'm sure that everyone seriously interested in the Iron Game has heard of him by now. He and his Nautilus machines and principles have made the biggest splash ever in the world of physical culture. Arthur's ideas have greatly altered weight training and proved many of the old ideas false that we held so near and dear to us. I, like everyone else, was skeptical of these "Nautilus principles" at first. For by our very nature we resist change and hold on to what has been accepted for so long. But I also had the sense to realize that what they advocated made sense on paper and I was open-minded enough to see if they could work. Now I'm not going to tell you that this routine worked a miracle, for my arms have always been good, but it did improve them, and anything that will improve you should always be investigated. As I mentioned, these machines will not turn you into a Mr. Universe overnight but they are definitely a great improvement over conventional routines and equipment. In years to come the name Nautilus will be as much a part of weight training as the word barbell was. If by some chance you have not had the opportunity to see the Nautilus machines and read about them I suggest you purchase a copy of the Nautilus Training Bulletin No. 1 put out by Mr. Jones on the



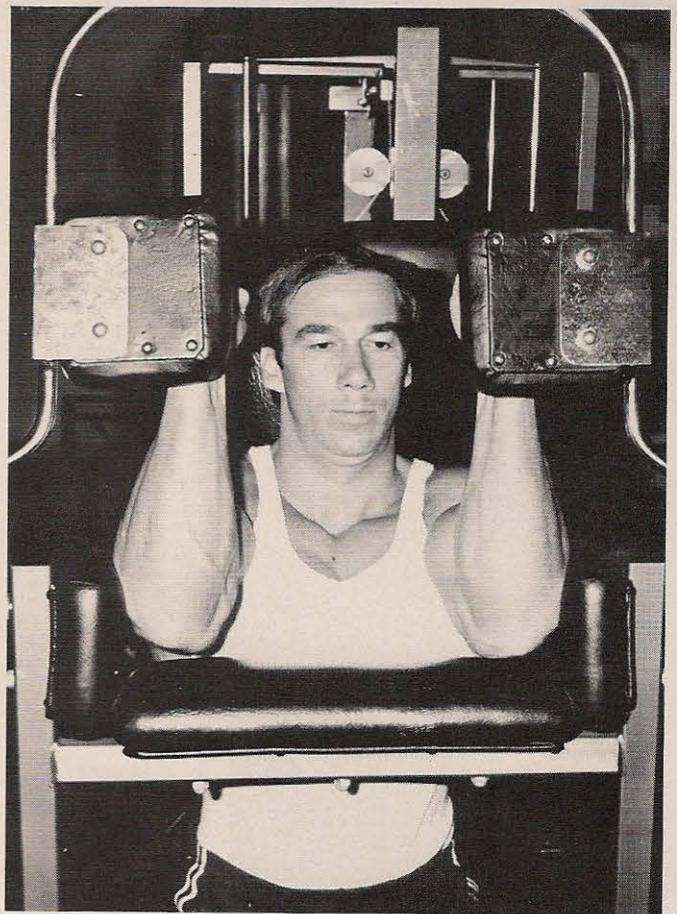
BARBELL CURLS

subject. Send \$4.00 to MTI, 1661 Utica Ave., Dept. NTB No. 1, Brooklyn, N. Y. 11234.

I think a few words of advice are necessary before outlining this routine. It is very important that you mentally prepare yourself for this workout and all training for that matter. Make your mind up before you get into the gym that you are going to get a good workout and put everything you have into it. Once you start training you should concentrate on what you are doing and should not engage in any bull sessions or anything else that detracts from your workout. Then, if possible, you should always train with a partner. This is advantageous for several reasons. Friendly competition is always good and helps trainees to push one another. By this method you are always training with greater intensity. Also if you have someone else encouraging you to get that "one more rep" it sets up a positive response and really helps you along.

It is very important in this routine to go to the point of failure, a training partner is a big help in this respect. Many times after curling until the bar was about to fall from my hands my partner would yell, "Come on, I know you can do three more reps!" and you'd be surprised how many times I was able to get those three extra reps out.

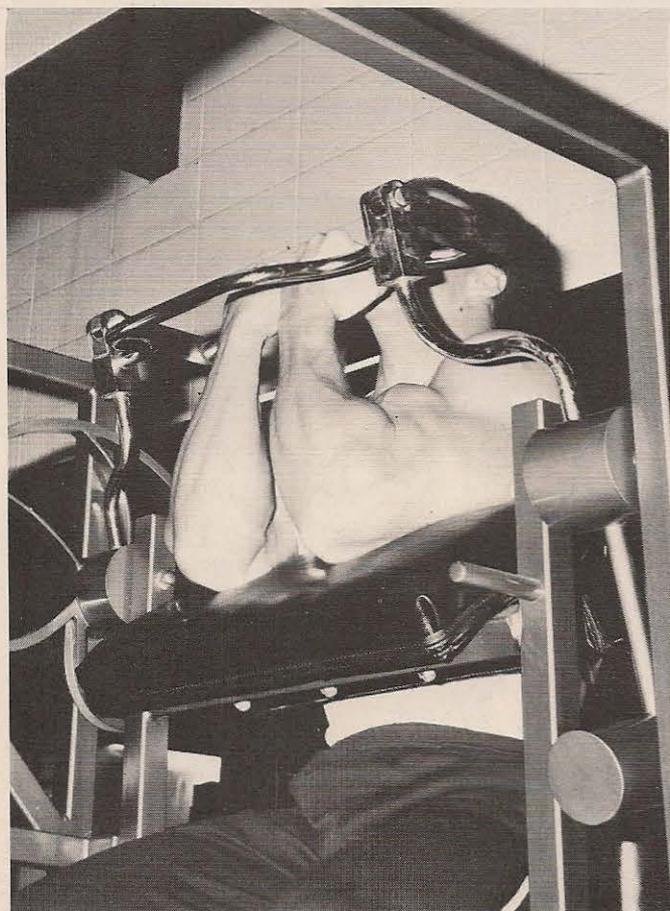
Now on to the routine. I do this routine three times weekly; at the longest it should take you no more than 20 minutes. All exercises should be done in the exact sequence as I have them listed:



NAUTILUS TRICEP MACHINE

BARBELL CURLS. This exercise should be done fairly strict. Use a weight that you can get 10 hard reps with and try to get 15. If you can do more, fine, but go to the point of failure. We usually go to the point where we can no longer curl the weight at all; we then swing the weight up and resist against the weight on the way down. Remember you are going to do only one set so put everything you have into it. If you don't you are only cheating yourself. When you finish this set you should have the same breathless feeling you get from performing a set of heavy squats for 20 reps. You should have an overwhelming desire to sit down and rest. You are allowed to sit down, but there is no time for rest. Go immediately to . . .

NAUTILUS TRICEP MACHINE. Seat yourself in the machine. Make sure your elbows are on the elbow pads. Make a fist with each hand to assure proper fitting with the hand pads. Check photo for better understanding. In this exercise sit erect and let the forearms come back as far as possible and the triceps stretch to the limit. Now press against the hand pads with your closed fists, keeping the elbows down. Extend the arms completely until the elbows lock. You will notice that nowhere along the range of extension does the movement become easier. This is due to the Nautilus pulley which makes the resistance equal throughout the movement from start to finish. You will be weaker in the lockout position (actually your strongest position). This is due to the fact that all other

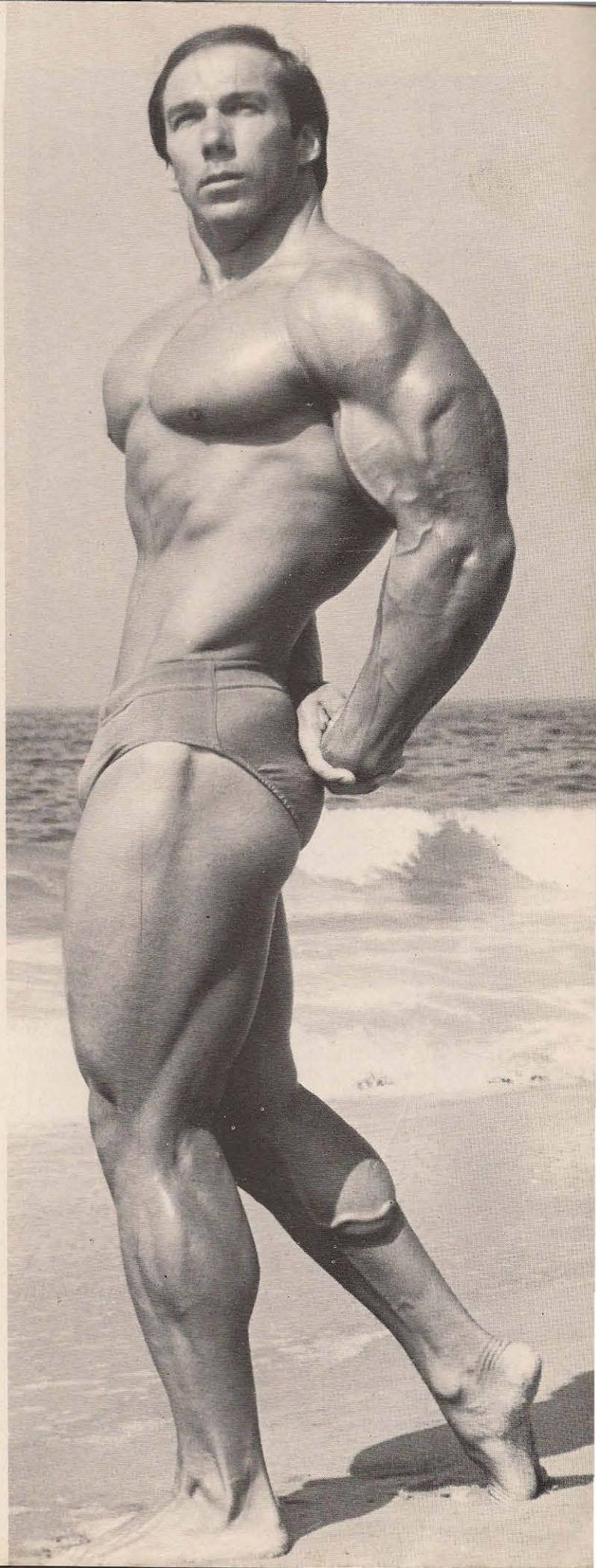


NAUTILUS BICEP MACHINE

exercises place little or no stress on the muscle at this position. This triceps machine will attach muscle fibers that have never been properly worked before. Again let me emphasize the importance of carrying the movement to the point of failure. Do the exercise until the bar fails to move forward at all. Now go directly to the . . .

NAUTILUS BICEP MACHINE. Sit in the machine and get a good grip on the bar. This machine has an E-Z curl bar for choice of grips. I personally prefer to grasp the bar in the middle with the hands almost touching. Begin the curl and curl up until the bar touches the neck. You will find the last part of the movement difficult because as in the "lockout" position of the triceps these muscle fibers have never really worked hard. However, don't worry about this; as the muscle fibers respond the movement will soon become smooth from start to finish. After you have gone to the point of failure do some partial movements at the top position. Hold the bar up against the neck, now lower it several inches and bring the bar back up until it touches the neck again. Several such movements will put the finishing touches on the set. By now your arms should be pumped to the point of exploding and you have one more cycle to go.

Now after you get your second wind for a minute or two go through the cycle again, but skip the barbell curls this time and start with the riceps machine. Be sure to carry each set to the



point of failure as in the first cycle. Now we move on to a couple of exercises that finish off the job. These are super-setted for one set each:

LYING PULLEY CURLS. Be sure and check the photo for proper position. Grasp the bar close to the center and curl down until the bar touches the neck and hold it there momentarily. Now let the bar go slowly back up until the arms are completely extended. This again is done to the point of failure. If you have trouble lying flat on the bench have someone hold your legs down. Once this set is completed go directly to . . .

TRICEP KICKBACK. Again check the photo for correct position. Bend way over until the chest almost rests on the thighs, you can bend slightly at the knees. In performing this movement it's important to keep the elbows at the sides and higher than the back. This will make the movement a lot harder but the results will be worth the extra effort. Keep the elbows stationary and move only the forearms up and back. At the completion of each rep try to hold the weight in the full extended position for a moment or two. Once you have completed this set you are finished with the arms, or perhaps they are finished even if you are not. By now you should feel as though you have a couple of large boat anchors hanging down from your shoulders.

Now for a little forearm work and your training is complete:

WRIST ROLLER. This is probably the oldest forearm exercise known and one of my favorites. Strictness of form in this exercise is very important here. Check the photo for proper position. Make sure you do not get any body action into the movement and use forearm power alone. Simply roll the weight up and down until the bar falls out of your hands from failure of not being able to hold on. Now go to the next exercise which is . . .

SEATED REVERSE CURL. This should be done seated and with the forearms flat against the thigh from elbow to wrist. This can easily be accomplished by leaning the body forward slightly. Grasp the bar and raise it as far back as you can and hold momentarily, then lower the weight slowly and up again. Another point of failure needed here. Next comes . . .

SEATED WRIST CURLS. This exercise is a simple one. Only one word of advice here: Make sure you get a complete movement. Force the wrist as much as it will go in both the up and down position. Be sure you go until the wrist won't move at all. As soon as you put the bar down go to the . . .

GRIP MACHINE. This is a good finisher and puts the final touches on your forearm pump. Use as much weight as you can handle and knock as many reps as you can. Go until you can't raise the handle at all. Two sets of this forearm routine are all you need.

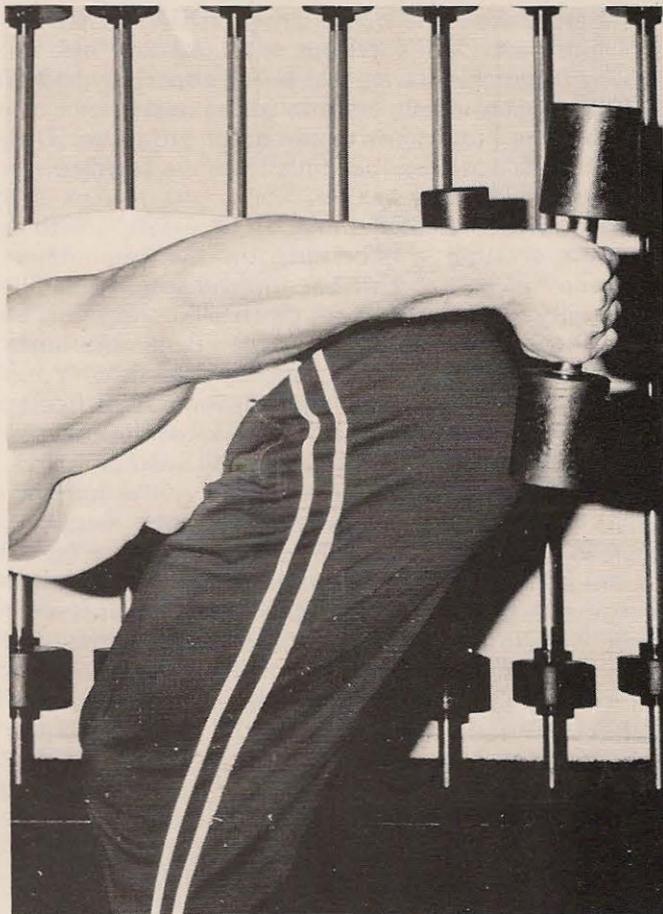
Now I know many of you are wondering how many reps and how much weight is enough. I suggest that you keep the reps around 15 to 20. By this I don't

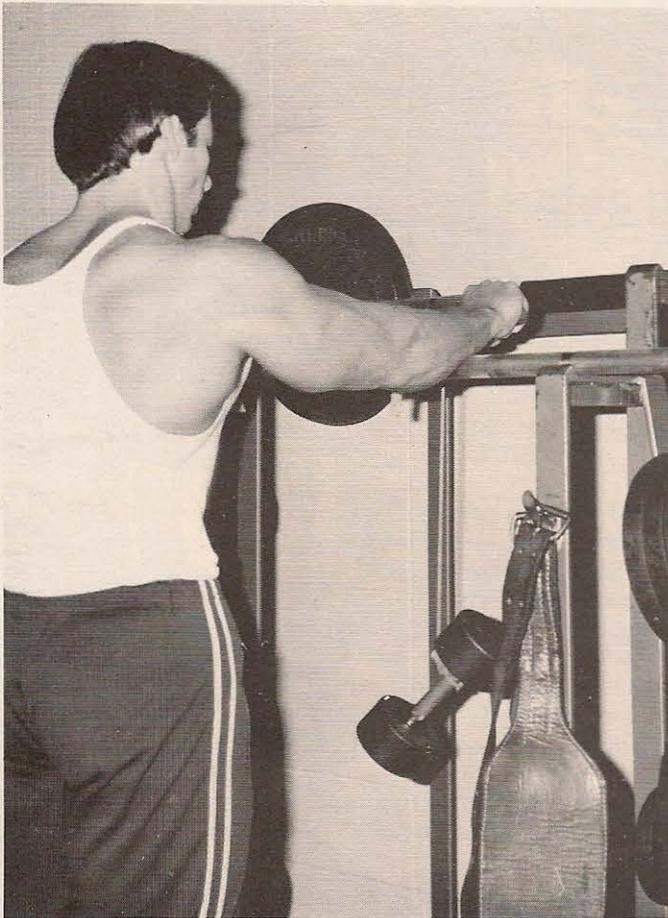
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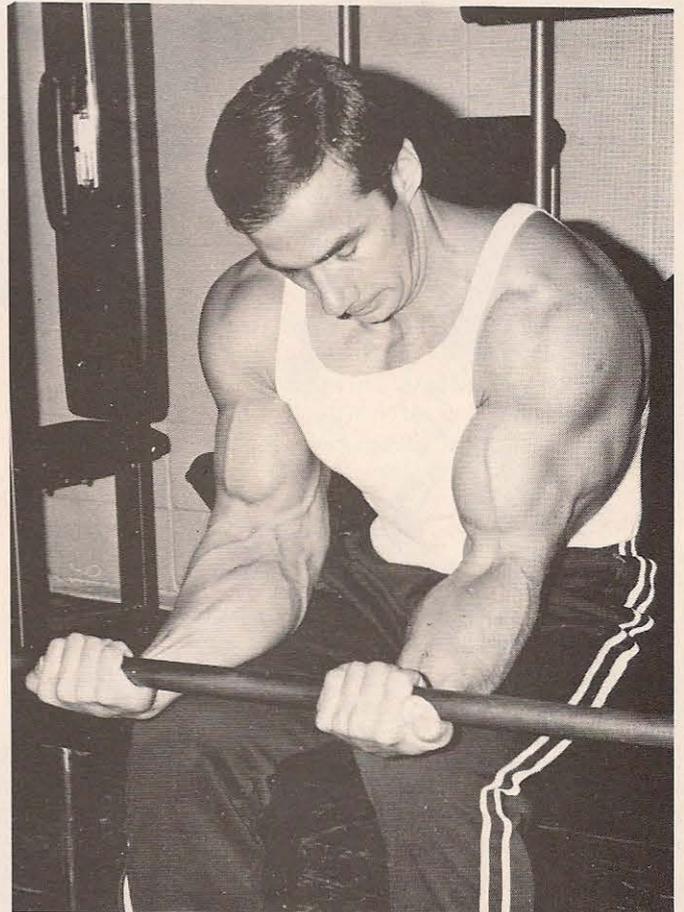
LYING PULLEY CURLS

TRICEP KICKBACK





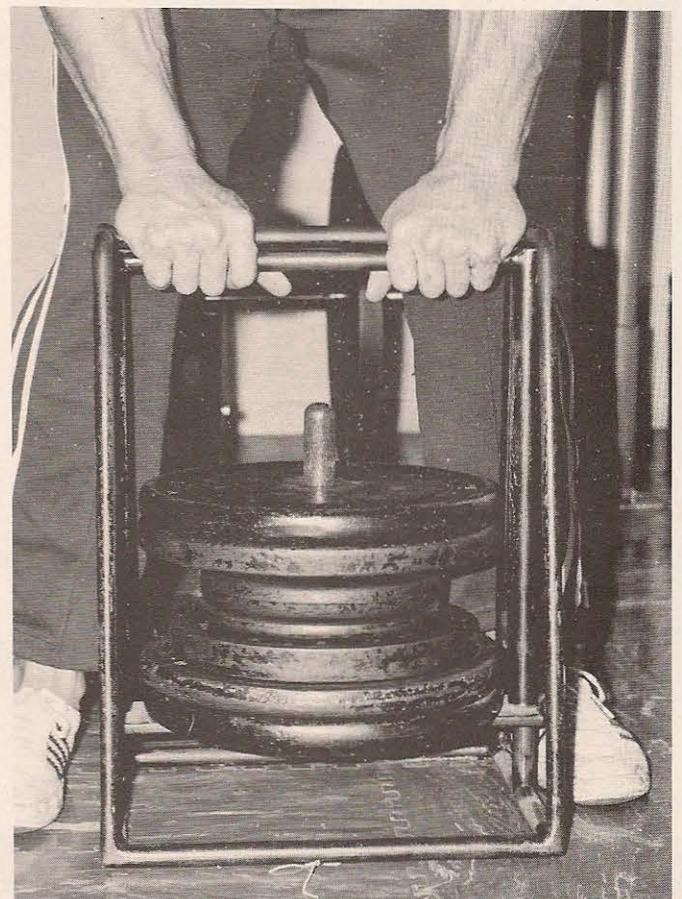
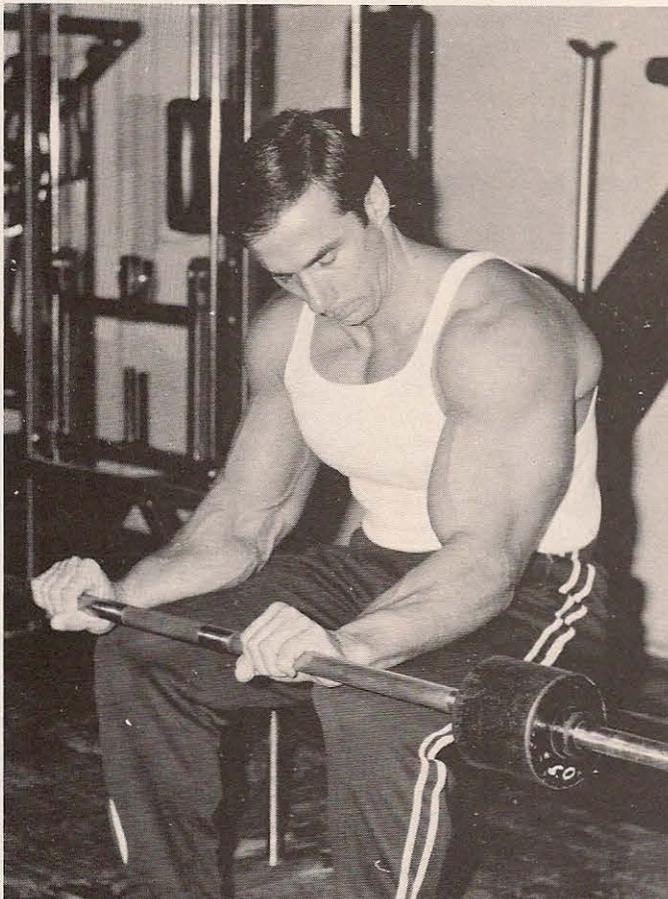
WRIST ROLLER



SEATED WRIST CURL

SEATED REVERSE CURL

GRIP MACHINE



ARM DEVELOPMENT

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mean for you to reduce your training poundages drastically. Right now you have the power within you to do 15 reps with whatever weight you are now struggling to get 6 reps with. It is simply a matter of making up your mind to get past that pain barrier, for this is where the gains are made.

In closing I would like to say a word or two about the use of supplements. I consider them most important in building muscle tissue. You simply cannot get enough protein, vitamins and minerals from processed foods no matter how well balanced a diet you follow. You must take supplements to get the extra nutrition to build muscle tissue. I highly recommend the Dan Lurie Health Food line.

You would not fill the gas tank of a high powered dragster with ordinary fuel and expect it to run low ETs in a quarter of a mile. This holds true for your own system. I believe a great deal in the benefits of Vitamins E, C, Calcium, Kelp, Desiccated Liver, Choline, Inositol, Amino Acids and Pre-digested Protein.

In a future article in MTI I will give you complete details on the research I've done with supplements. But in the meantime get with the arm routine and watch them grow before your very eyes. Write and let me know the gains you have made and, is possible, send a before and after photo to me: Boyer Coe, c/o MTI, 1661 Utica Ave., Brooklyn, N. Y. 11234.