SUNS OUT GUNS OUT

30 DAY ARM SPECIALIZATION PROGRAM

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WELCOME TO **THE SUNS OUT, GUNS OUT** ARM SPECIALIZATION PROGRAM.

While the title of this program may cause a chuckle, I've yet to meet a warm-blooded male who doesn't want bigger, stronger, more defined arms.

I am not a huge proponent of specialization programs, but when used correctly, a good program can produce significant gains in a very short period of time.

The reality is this: full body muscle growth slows dramatically for advanced trainees. As you get years (and decades) of experience with the iron under your belt, visual and measurable muscle gains come to screaming halt.

You can go months — even years — without significant growth.

Because as experience increases, muscle growth stops happening "system-wide" and starts occurring in spurts.

That's why, with a well-designed specialization program implemented at the right time, it is possible to see visual and measurable progress in the targeted muscle in as little as 4-6 weeks.

When is the "right" time to use a specialization program like the one you're currently reading? After you have been training for a few years and have already made significant gains in muscle and strength.

Ideally, you'd be at or near your maximum muscular potential. In that case, a specialization program can "squeeze" out that last little bit of gains.

Enter: *the Suns Out, Guns Out* specialization program.

This arm specialization program is going to pack width, thickness, definition, and STRENGTH onto your arms in just 6 short weeks.

Before we get into the training templates themselves, let's talk about a few things you need to know about specialization training.

PRINCIPLES OF SPECIALIZATION PROGRAMS

Focus one muscle (or muscle group), put everything else on "maintenance" — This should be obvious, but it's worth stating: in order to "specialize" a certain muscle, you have to accept that all of your other muscles will take a "back seat." With *the Suns Out, Guns Out* program, your arms will get bigger, stronger, and more defined, but don't expect much from the rest of your body. That's why it's a specialization program (and why I suggest this only for intermediate - advanced trainees). There's a trade-off with everything you do in the gym, and with specialization programs that means accepting that you will have to put most of your overall muscle growth on hold in order to see a surge in one specific area.

Careful, meticulous exercise selection is key — Proper exercise selection decreases the likelihood of injury, ensure "equitable" development of muscle on each side of the body (so you don't end up with one arm significantly bigger and stronger than the other), and makes sure that all muscle fibers are adequately stimulated. Point being, specialization training isn't just about saying, "Okay, I want bigger arms, I'll just do a ton of curls and triceps extensions." That approach will probably leave you injured and with very little gains to show for it. There's a method to this madness, so you need to stick to the program as written as closely as possible.

SPECIFIC NOTES FOR THE SUNS OUT, GUNS OUT PROGRAM

This program is quite a bit different from what I typically write, so even if you're used to my style of programming, there are few things worth mentioning to ensure you get the most out of this program.

The Setup. *The Suns Out, Guns Out* program requires four workouts per week. You will do three "specialization workouts" and one Total Body Workout each week.

Tempo. I rarely prescribe specific tempos for my work outs, but in the case of this specialization program, tempo is a crucial component. For that reason, make sure you are paying attention to the "tempo" column on the workout templates and executing each respective exercise according to the tempo listed. Tempos are denoted with four numbers:

1. The duration of the lowering (eccentric)
2. The duration of the pause at the bottom
3. The speed of the lift (concentric)
4. The duration of the pause at the top

So a tempo of "3111", would mean:

1. Lower the weight to count of 3
2. Pause at the bottom for 1 second
3. Lift the weight quickly (1 second)
4. Pause at the top for 1 second before starting another rep

Tempo is important, but you also don't want to be the guy who's stressing himself out and constantly worrying *"Was that a 2-second eccentric or 2.23?"*. Pay attention to the tempo listed for each exercise and do your best to stick (close) to it.

Reading The Program. Exercises listed on the templates are denoted with either a letter (A), or a letter and a number (A1). If there is just a letter listed before the exercise, that means it is to be performed as a straighset. If there is a number following the letter, that means it will be paired with at least one other exercise and performed as a superset.

Straightset = Perform all sets and reps before moving on to the next exercise.
Superset = Alternate back and forth between at least two exercises.

Finally, I would encourage you to measure your arms now before starting the program and then again at the completion of the program. Expect to see anywhere from 1/2 to 1 inch of growth in the next 4 weeks.

That should about cover it.

Now that we've covered the details, it's time to get to the program. Below is the 6-week *Suns Out, Guns Out Arm Specialization* program.

WEEK 1

As mentioned, you will be doing 3 “specialization” workouts each week and one Total Body session. Ideally, each specialization workout should be separated by a day of rest. So the preferred schedule would be:

Monday - Workout 1 (Full Body)
Tuesday - Workout 2 (specialization)
Thursday - Workout 3 (specialization)
Saturday - Workout 4 (specialization)

However, if that’s impossible for whatever reason, try your best not to train 3 days in a row and get the workouts in when you can.

SUNS OUT, GUNS OUT ARM SPECIALIZATION

WEEK 1, DAY 1

EXERCISE	SETS	REPS	REST	TEMPO	NOTES (RECORD WEIGHT/REPS HERE)
A1. Close Grip Bench Press	3	5	45s	2-1-1-1	
A2. Neutral Grip Chin-Up	3	5	45s	2-1-1-1	
B1. Explosive Diamond Push-up (perform the "push" portion of the lift as explosively as possible)	3	8-12	45s	2-1-1-1	
B2. Barbell/EZ Bar Cheat Curl (Use some momentum to "cheat" the weight up)	2	8-12	45s	2-1-1-1	
PERFORM C1, C2, AND C3 BACK-TO-BACK-TO-BACK IN SUPERSET FASHION					
C1. 1-arm Triceps Cable Pushdown	3	12-15 per arm	60s b/t arms	3-2-1-1	
C2. Incline Dumbbell Curls	2	12-15	1m	3-2-1-1	
C3. Dips	2	AMRAP (as many reps as possible)	1m	3-2-1-1	
Notes: If unable to do at least 10 dips on first set, use assisted dip machine or replace with neutral grip dumbbell bench press					
D. Dumbbell Overhead Triceps Extension	2	8-12	1m 30s	2-1-1-1	
Note: 2-1-1-1 tempo = lower to count of 2, pause for 1 second at the bottom, lift weight in 1 second, pause for 1 second at top.					

SUNS OUT, GUNS OUT ARM SPECIALIZATION

WEEK 1, DAY 2

EXERCISE	SETS	REPS	REST	TEMPO	NOTES (RECORD WEIGHT/REPS HERE)
A1. Seated Half-Range Dumbbell Shoulder Press	3	4-6	45s	2-1-1-1	
Notes: Only lower the weight half-way down. So you're stopping around ear-level.					
A2. Supinated (palms up) Bent Barbell Row	2	4-6	45s	2-1-1-1	
B1. Overhead Cable/Band Triceps Extension	3	8-12	45s	3-2-1-1	Flex triceps hard at bottom position.
B2. Cable Rope Curls	3	8-12	45s	3-2-1-1	Flex biceps hard at top position.
PERFORM C1, C2, AND C3 BACK-TO-BACK-TO-BACK IN SUPERSET FASHION					
C1. Lying Dumbbell Triceps Extension	3	12-15	1m	2-1-1-1	
C2. EZ Bar Reverse Curls (palms down)	2	12-15	1m	2-1-1-1	
C3. Triceps Cable Rope Extensions	2	12-15	1m	2-1-1-1	
D. Close Grip Push-ups	2	AMRAP (as many reps as possible)	1m	2-1-1-1	
Note: 2-1-1-1 tempo = lower to count of 2, pause for 1 second at the bottom, lift weight in 1 second, pause for 1 second at top.					

SUNS OUT, GUNS OUT ARM SPECIALIZATION

WEEK 1, DAY 3 FULL BODY WORKOUT

Perform these exercises one after the other, resting 30-45 seconds between each. Perform this circuit a total of 3 times.

EXERCISE	REPS/TIME
Dumbbell Goblet Squat	8-12
Pull-up	1-2 reps shy of failure
Overhead Press	6-8 reps
Reverse Lunge	10-12 per leg
Bent Row	8-10
Romanian Deadlift	6-8 reps
Incline Dumbbell Press	6-8 reps
Plank	30-60 seconds

SUNS OUT, GUNS OUT ARM SPECIALIZATION

WEEK 1, DAY 4

EXERCISE	SETS	REPS	REST	TEMPO	NOTES (RECORD WEIGHT/REPS HERE)
A1. 1-Arm Pushup progression	3	4-6	1m	1-1-1-1	
Notes: Youtube is your friend					
A2. Chinups	2	4-6	1m	1-1-1-1	
B1. Palms Up 1-arm Triceps Cable Extension	2	8-12 per arm	45s b/t arms	3-2-1-1	Flex triceps hard at bottom position.
B2. Cable 1-arm Curls	2	8-12 per arm	45s b/t arms	3-2-1-1	Flex biceps hard at top position.
PERFORM C1, C2, AND C3 BACK-TO-BACK-TO-BACK IN SUPERSET FASHION					
C1. Hammer Curls	2	12-15	1m	2-1-1-1	
C2. Skull Crushers	3	12-15	1m	2-1-1-1	
D. Half-Range Close Grip Bench Press	2	4-6	2m	2-1-1-1	
Note: 2-1-1-1 tempo = lower to count of 2, pause for 1 second at the bottom, lift weight in 1 second, pause for 1 second at top.					

WEEK 2

As mentioned, you will be doing 3 “specialization” workouts each week and one Total Body session. Ideally, each specialization workout should be separated by a day of rest. So the preferred schedule would be:

Monday - Workout 1 (Full Body)
Tuesday - Workout 2 (specialization)
Thursday - Workout 3 (specialization)
Saturday - Workout 4 (specialization)

However, if that’s impossible for whatever reason, try your best not to train 3 days in a row and get the workouts in when you can.

SUNS OUT, GUNS OUT ARM SPECIALIZATION

WEEK 1, DAY 3 FULL BODY WORKOUT

Perform these exercises one after the other, resting 30-45 seconds between each. Perform this circuit a total of 3 times.

EXERCISE	REPS/TIME
Dumbbell Goblet Squat	8-12
Pull-up	1-2 reps shy of failure
Overhead Press	6-8 reps
Reverse Lunge	10-12 per leg
Bent Row	8-10
Romanian Deadlift	6-8 reps
Incline Dumbbell Press	6-8 reps
Plank	30-60 seconds

SUNS OUT, GUNS OUT ARM SPECIALIZATION

WEEK 2, DAY 2

EXERCISE	SETS	REPS	REST	TEMPO	NOTES (RECORD WEIGHT/REPS HERE)
A1. Half-Range Seated Barbell Shoulder Press	3	4-6	1m	2-1-1-1	
A2. Neutral Grip Chin-Up	3	4-6	1m	2-1-1-1	
B1. Cable Curls	3	8-12	60s	3-2-1-1	
B2. 1-arm Triceps Cable Extension	2	8-12 per arm	60s b/t arms	3-2-1-1	
C1. Pronated (palms down) EZ Bar Curls	3	12-15	1m	3-2-1-1	
C2. Close Grip Push-ups	2	12-15	1m	3-2-1-1	
Note: 2-1-1-1 tempo = lower to count of 2, pause for 1 second at the bottom, lift weight in 1 second, pause for 1 second at top.					

SUNS OUT, GUNS OUT ARM SPECIALIZATION

WEEK 2, DAY 3

EXERCISE	SETS	REPS	REST	TEMPO	NOTES (RECORD WEIGHT/REPS HERE)
A1. Dips	3	5-7	90s	3-2-1-1	
A2. Chin-ups	3	5-7	90s	3-2-1-1	
B1. Dumbbell "Zottoman" Curl	4	10-12	45s	2-1-1-1	
Notes: Start with dumbbells in hands with neutral grip. As you curl the weight up, turn your palms up. As you lower the weight, turn your palms so they face the down.					
B2. Dumbbell Overhead Triceps Extension	4	10-12	45s	2-1-1-1	
C1. Dumbbell Hamer Curls w/5 second iso hold	2	10	60s b/t arms	3-2-1-1	
C2. Cable Triceps Rope Extensions wi/ 5 second iso hold	2	10	1m	3-2-1-1	
Notes: For C1 and C2, you will hold the weight at peak contract for 5 seconds and actively flex the muscle. Do this on each rep.					
D. Seated Dumbbell Curls	1	20-25	1m 30s	x-x-x-x	
Notes: For seated dumbbell curls, reps should be fast, non-stop pumping reps.					
Note: 2-1-1-1 tempo = lower to count of 2, pause for 1 second at the bottom, lift weight in 1 second, pause for 1 second at top.					

SUNS OUT, GUNS OUT ARM SPECIALIZATION

WEEK 2, DAY 4

EXERCISE	SETS	REPS	REST	TEMPO	NOTES (RECORD WEIGHT/REPS HERE)
A1. EZ Bar/Barbell "Cheat" Curls	3	4-6	1m 30s	3-1-1-1	
Notes: Use some momentum to "cheat" the weight up so that you can use heavier weights.					
A2. Close Grip Bench Press	2	4-6	1m 30s	3-1-1-1	
B1. 1-Arm Cable Curls	2	8-12 per arm	30s b/t arms	3-1-1-2	
B2. Cable Triceps Overhead Extensions	2	8-12 per arm	1m	3-1-1-2	
C1. Cross Body Hammer Curls	4	12-15 per arm	1m	2-1-1-1	
C2. Incline Lying Dumbbell Triceps Extensions	4	12-15	1m	2-1-1-1	
D1. Offset Pushups	2	20-25	30s	x-x-x-x	
Note: Place one hand aligned with shoulder and the other down near waist. Alternate hand placement from set to set.					
D2. Pronated (palms down) Barbell Curls	2	20-25	30s	x-x-x-x	
Notes: For seated D1 and D2, reps should be fast, non-stop pumping reps.					
Note: 2-1-1-1 tempo = lower to count of 2, pause for 1 second at the bottom, lift weight in 1 second, pause for 1 second at top.					

WEEK 3

As mentioned, you will be doing 3 “specialization” workouts each week and one Total Body session. Ideally, each specialization workout should be separated by a day of rest. So the preferred schedule would be:

Monday - Workout 1 (specialization)
Tuesday - Workout 2 (Full Body)
Thursday - Workout 3 (specialization)
Saturday - Workout 4 (specialization)

However, if that’s impossible for whatever reason, try your best not to train 3 days in a row and get the workouts in when you can.

SUNS OUT, GUNS OUT ARM SPECIALIZATION

WEEK 3, DAY 1

EXERCISE	SETS	REPS	REST	TEMPO	NOTES (RECORD WEIGHT/REPS HERE)
A1. Close Grip Incline Press	3	5	1m 30s	2-1-1-1	
Notes: Use some momentum to "cheat" the weight up so that you can use heavier weights.					
A2. Neutral Grip Chin-Up	3	5	1m 30s	2-1-1-1	
B1. Explosive Diamond Push-up (perform the "push" portion of the lift as explosively as possible)	3	8-12	60s	2-1-1-1	
B2. Barbell/EZ Bar Cheat Curl (Use some momentum to "cheat" the weight up)	3	8-12	60s	2-1-1-1	
C1. 1-arm Cable Curls	3	12-15 per arm	45s b/t arms	3-1-1-2	
C2. 1-arm Cable Triceps Extensions	2	12-15	45s b/t arms	3-1-1-2	
D. Cable Rope Curls	1	100	as needed	x-x-x-x	
Notes: Select a weight you can do 25-30 times and complete 100 reps in as little time as possible, resting as needed.					
Note: 2-1-1-1 tempo = lower to count of 2, pause for 1 second at the bottom, lift weight in 1 second, pause for 1 second at top.					

SUNS OUT, GUNS OUT ARM SPECIALIZATION

WEEK 3, DAY 2 FULL BODY WORKOUT

Perform these exercises one after the other, resting 30-45 seconds between each. Perform this circuit a total of 3 times.

EXERCISE	REPS/TIME
Dumbbell Goblet Squat	8-12
Pull-up	1-2 reps shy of failure
Overhead Press	6-8 reps
Reverse Lunge	10-12 per leg
Bent Row	8-10
Romanian Deadlift	6-8 reps
Incline Dumbbell Press	6-8 reps
Plank	30-60 seconds

SUNS OUT, GUNS OUT ARM SPECIALIZATION

WEEK 3, DAY 1

EXERCISE	SETS	REPS	REST	TEMPO	NOTES (RECORD WEIGHT/REPS HERE)
A1. Supinated (palms up) Bent Barbell Row	3	6-8	1m 30s	2-1-1-1	
A2. Half Range Seated Barbell Shoulder Press	3	6-8	1m 30s	2-1-1-1	
B1. Overhead Dumbbell Triceps Extension	3	8-12	60s	2-2-2-2	
B2. Seated "Concentration" Curls	3	8-12	60s	2-2-2-2	
PERFORM C1, C2, AND C3 BACK-TO-BACK-TO-BACK IN SUPERSET FASHION					
C1. Cable Curls	3	12	30s	3-1-1-2	
C2. Triceps Rope Extensions	2	12-15	30s	3-1-1-2	
C3. Dumbbell "Zottoman" Curls	2	12-15	30s	3-1-1-2	
D. Dips	2	AMRAP	60s	x-x-x-x	

Notes: For dips, perform two sets of as many reps as possible with bodyweight. Reps should be constant, non-stop pumping style reps. If you can't do at least 15 reps with bodyweight, use assisted dip machine.

Note: 2-1-1-1 tempo = lower to count of 2, pause for 1 second at the bottom, lift weight in 1 second, pause for 1 second at top.

SUNS OUT, GUNS OUT ARM SPECIALIZATION

WEEK 3, DAY 4

EXERCISE	SETS	REPS	REST	TEMPO	NOTES (RECORD WEIGHT/REPS HERE)
A1. Chin-ups	3	4-6	60s	2-1-1-1	
A2. 1-arm Pushup variation	3	4-6 per arm	60s	2-1-1-1	
Notes: Youtube is your friend for 1-arm push-up variations.					
B1. Pronated Triceps Cable Extension	2	8-12	60s	2-1-1-1	
B2. EZ bar Curls	2	8-12	60s	2-1-1-1	
PERFORM C1, C2, AND C3 BACK-TO-BACK-TO-BACK IN SUPERSET FASHION					
C1. Dumbbell Hammer Curls	3	12-15	45s	x-x-x-x	
C2. Dumbbell Overhead Triceps Extensions	2	12-15	45s	x-x-x-x	
Notes: For C1 and C2, do constant, non-stop pumping reps.					
D. Barbell Curls	3	6-8	2m	2-1-1-1	
Note: 2-1-1-1 tempo = lower to count of 2, pause for 1 second at the bottom, lift weight in 1 second, pause for 1 second at top.					

WEEK 4

Welcome to the 4th and final week of the Suns Out, Guns Out program. This week, there is no Full Body workout. You will just be doing three arm specialization work outs this week. Each day needs to be separated with a day of rest. So the ideal schedule is:

Monday - Workout 1
Wednesday - Workout 2
Friday or Saturday - Workout 3

SUNS OUT, GUNS OUT ARM SPECIALIZATION

WEEK 4, DAY 1

EXERCISE	SETS	REPS	REST	TEMPO	NOTES (RECORD WEIGHT/REPS HERE)
A1. Barbell Bent Row	3	4-6	60s	2-1-1-1	
A2. Close Grip Bench Press	3	4-6	60s	2-1-1-1	
B1. Dumbbell "Zottoman" Curls	2	8-12	60s	2-1-1-1	
B2. Triceps Rope Extensions	2	8-12	60s	2-1-1-1	
C1.1-arm Cable Curls	2	12-15 per arm	30s b/t arms	2-2-2-2	
C2. 1-arm Cable Triceps Extensions	2	12-15 per arm	30s b/t arms	2-2-2-2	
D1. Close Grip Push-ups	1	20-25	0	x-x-x-x	
D2. Seated Dumbbell Hammer Curls	1	20-25	-	x-x-x-x	

Notes: For D1 and D2, do constant, non-stop pumping reps.

Note: 2-1-1-1 tempo = lower to count of 2, pause for 1 second at the bottom, lift weight in 1 second, pause for 1 second at top.

SUNS OUT, GUNS OUT ARM SPECIALIZATION

WEEK 4, DAY 2

EXERCISE	SETS	REPS	REST	TEMPO	NOTES (RECORD WEIGHT/REPS HERE)
A1. Dips	3	6-8	60s	2-1-1-1	
A2. Barbell "Cheat" Curls	3	6-8	60s	2-1-1-1	
B1. Cable Rope Curls	2	8-12	60s	2-1-1-3	
B2. Cable Rope Triceps Overhead Extensions	2	8-12	60s	2-1-1-3	
Notes: Pause for 3-seconds at peak contraction of each rep and actively flex the target muscle.					
C1. Dumbbell Incline Curls	2	15-20	0	x-x-x-x	
C2. Lying Dumbbell Triceps Extensions	2	15-20	60s	x-x-x-x	
Notes: For C1 and C2, do constant, non-stop pumping reps.					
Note: 2-1-1-1 tempo = lower to count of 2, pause for 1 second at the bottom, lift weight in 1 second, pause for 1 second at top.					

SUNS OUT, GUNS OUT ARM SPECIALIZATION

WEEK 4, DAY 3

EXERCISE	SETS	REPS	REST	TEMPO	NOTES (RECORD WEIGHT/REPS HERE)
A1. 1-arm Pushup Variation	3	4-6	60s	2-1-1-1	
A2. Neutral Grip Chin-up	3	4-6	60s	2-1-1-1	
Notes: Youtube is your friend for 1-arm push-up variations.					
B1. Dumbbell "Concentration" Curls	2	8-12	60s	2-2-2-2	
B2. 1-arm Triceps Cable Extensions	2	8-12	60s	2-2-2-2	
C1.EZ Bar "Cheat" Curls	2	6-8	30s b/t arms	2-1-1-1	
C2. Skull Crushers	2	8-10	30s b/t arms	2-1-1-1	
D1. Cable Curls	1	20-25	0	x-x-x-x	
D2. Dips	1	20-25	-	x-x-x-x	
Notes: For D1 and D2, do constant, non-stop pumping reps.					
Note: 2-1-1-1 tempo = lower to count of 2, pause for 1 second at the bottom, lift weight in 1 second, pause for 1 second at top.					

CONGRATULATIONS

Congratulations, if you made it this far, you just completed a really challenging 4-week program. Competing this arm specialization program is awesome, but what you do next will dictate the level of gains you walk away with.

The next program you do should be more balanced workout that focuses on building strength and muscle mass across the entire body. However, I would highly encourage that you skip any direct arm training the first week following the *Suns Out, Guns Out* program.

So for the first week of your next program, simply skip any direct bicep or tricep work like curls or extensions. This will allow more recovery of the arm muscles for a "super compensation" effect.

Finally, make sure you email me at **musclemonsters@gmail.com** and tell me how much size you gained on your arms with the *Suns Out, Guns Out* program.