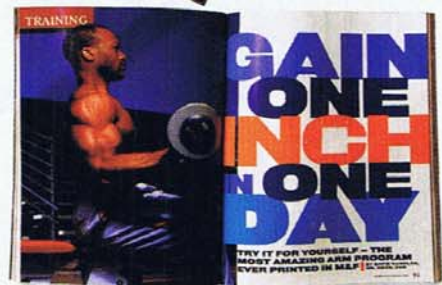


Shot in the Arm

Is it really possible to add 1 inch to your arms in a single day—and keep it?



THE WORKOUT “Gain One Inch in One Day,” *Muscle & Fitness*, May 2004

THE CLAIM You can add an inch to your arms by doing 60 sets in 5 hours

THE TRAINEE Marty Tuley, 36, lifelong natural bodybuilder (no steroids, ever), personal trainer, and author of *Get Off Your Ass!*, which comes out next March from Basic Health Publications. Tuley was at his biggest at age 21, when he had 19-inch arms at 230 pounds. Currently, he says his weight fluctuates between 205 and 210, and his arm measurement, cold (first thing in the morning), is typically 17¼ inches. Tuley trains 4 days a week. He works his biceps and triceps once a week, doing 8 to 10 sets for each. He eats a high-protein diet (250 grams a day), and moderate carbohydrates and fat for a total of 2,500 calories a day, on average.

THE BACKGROUND “I remember seeing this program in magazines in the late ‘80s, and I’ve read it’s been around since the ‘60s,” Tuley says, adding that, even though it sounds too good to be true, the workout could add so much mass in a single day if it induced hyperplasia—that is, the splitting of muscle cells in response to an extreme stimulus. “I was eager to try it when I saw it again. If it works on my arms, I thought I could try it on my calves, my thighs, my chest. Hard-core weightlifting may change forever.”

THE REPORT Tuley and one of his personal-training clients, a physician, started the routine at 5:15 A.M. on a Sunday morning. Here’s roughly how the first hour looks:

- » Three supersets of biceps curls and triceps extensions, eight reps per set
- » 10-minute break
- » Two supersets of two different arm exercises, 12 reps per set
- » 12-minute break
- » “Crazy sixes”—one set each of a biceps and triceps exercise, done at a cadence of 6 seconds up and 6 seconds down on each rep
- » 15-minute break

» A protein-carb meal: Protein sources included turkey, egg whites, and whey protein powder; carbs included fruit and rice

“At 6:15 A.M., we took our second arm measurements. Mine measured 17¾ inches, a half-inch gain after 1 hour.” This, Tuley explains, is no big deal. During his last arm workout, 5 days earlier, he had pumped his arms to just over 18 inches in about 20 minutes.

This is when he started doubting the

program. “Even though I was taking every single set to muscle failure, even going so far as to complete a couple forced repetitions with each set, and handling the most weight I could, the routine was not terribly intense. I could feel my pump trickling away at the end of the second hour. My arms were down to 17⅝ inches.”

Hours 3, 4, and 5 just made his arms weaker, and his pump slowly dissipated. Within an hour of completing the entire routine, his arms were back to 17¼ inches.

Said Tuley’s workout partner: “I’ve had better arm workouts moving furniture.”

THE NEXT DAY Tuley measured his arms at 17¼ inches. “They were also surprisingly not sore. I thought the volume alone might leave my arms sore.” He says his own workouts usually leave him with some stiffness and soreness a day or two afterward, but this one didn’t. “At first, I thought I hadn’t followed the program correctly—maybe I’d missed a step.” But when Tuley went over it, he saw he’d done it exactly as outlined. “I’d even followed the food plan to the letter,” he says.

THE VERDICT “As a trainer, I wouldn’t recommend it. And as a bodybuilder, I don’t see how it’d work for anyone,” Tuley says. “The hard road, the long road, still provides the best results.”