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### 1. Introduction

The exercises for arm and leg muscles are almost endless and only limited by imagination due to the high mobility of their joints.

The control of these muscles is generally easier than the others explained before, because you can look for more precise positions quickly and with less effort.

The preliminary exercises (ISR, DSR and BL) are also very effective, providing a good kind of external resistance. However, the sincere maxaldist should not be satisfied with such exercises and must search for pure

voluntary muscle control.

## 2. Preliminary exercises for the upper arm

### 2.1. ISR and DSR exercises for the biceps

The importance and development of the biceps muscle has been always overestimated, because this muscle is used seldom in daily activities or real overall strength tests.

Many classic bodybuilders, like John Grimek, did not care specially about their biceps and considered that the development of this muscle should be more a consequence of general arm exercises than the result of specific isolation movements.

Read carefully this selection of the text from *MOLDING A MIGHTY ARM*, which, although signed by Jowett, was very probably written by Ottley Coulter, a direct Maxick's disciple. Many of the Maxalding principles are clearly stated here.

*Did you ever stop to consider that there are several forms of biceps development?*

*There is the biceps that bunches up in a little knot as the arm is flexed leaving a long narrow space between the elbow joint and the biceps. Then we have the biceps that give the impression of always been in a contracted state. Also the biceps which shortens the arms in such a manner as to prevent the arms from naturally assuming a straight position. This is allied closely to the biceps with the stringy appearance that gives one the creeps as it becomes flexed. All these*

*biceps conditions are the products of various methods of exercise none of which is right. Rather might they be termed muscular deformities rather than muscular development.*

*Nearly every system develops a muscular biceps peculiarity which is immediately recognized by the teacher of body building. The same thing holds good with athletes. There is the baseball arm, the rowing arm, the chinning arm, the weight lifter's arm, the hand balancing arm, and the wrestling and boxing arm. Each is only good in the particular use to which they have muscularity been educated and developed<sup>1</sup>.*

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<sup>1</sup> This lead to the important conclusion of the specificity of training and the absurdity of the statements that do not take in consideration this important fact. So that, when somebody affirms that weightlifters are the strongest athletes, we must ask, for what? Obviously, training with weights is the best for weightlifting. But, is a weightlifter stronger than a gymnast, a swimmer or a free climber? No, not at all. There is a curious story about this. Sylvester Stallone took Wolfgang Güllich, one of the best climbers of all times and the first who achieved a 9a, on as a stunt for his film *Cliffhanger*. The muscular type and development of Wolfgang had nothing in common with the steroid-like sort of body of a present bodybuilder. The producers forced Wolfgang then to follow an aggressive weight increasing diet under medical supervision in order to have a body more similar to the Sylvester's one, but, in spite of this, the results were not obviously very good. It is said that the producers even tried to force Wolfgang to take steroids, but he refused completely and threatened to give the film up. However, Sylvester wanted that Wolfgang made the most spectacular climbing sequences at any cost, even if people noted that he was not the performer. There was an agreement that put an end to the argument. But, some day, while Wolfgang was training at Sylvester's gym, some of the "massive" guys who was there

*Among weight lifters I have seen the more of arm evils than in any other type, excepting, of course, the arm of the chinning fiend. More than any other type, weight lifters “mine” the muscle. This term may be a little new to you but to get the idea of what I mean, out in the west farmers once had the habit of growing grain year in and year out without fertilizing the land, until the land became beggared of nourishment and poor crops followed. It was a get rich scheme and today mining the land for all it is worth is forbidden. Yet that is what weight lifters do. They practice all the exercises that will promote size by forcing growth. The result is the muscles become only capable of momentary effort. They work strongly, but in spasms, then become quickly fatigued. These boys never think of the little dynamic muscular reservoirs and instead of filling them with vitality they deprive them of their nutritive sources<sup>2</sup>. Also these exercise fans rarely have the forearm development in the*

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laughed at Wolfgang's “classical” (high density) muscularity. Then, Sylvester said something like this, “You will see now why I have contracted this guy”, and encouraged Wolfgang to do some pull ups. The steroid guys thought that some pull ups were not very interesting, but they were amazed when Wolfgang began to do perfectly slow one finger pull ups with each finger in a row, including the little finger, first with the right arm and second with the left one. This story reveals us clearly that the “strength” concept is a very ambiguous one and depends a lot on the specificity of our training and goals. Even Muscle Control without a real motion, if you think it deeply, can be considered an extreme kind of strength on its own, because you need to have a very strong mind-muscle link and contracting ability to isolate a single muscle from all its surroundings.

2 A very clear explanation of the Energy Conserving principle of Maxalding.

*same relative proportion as to their upper arm<sup>3</sup>. Hand balancers secure the nicest all round development. You will always see a good hand balancer with an arm built powerfully from wrist to shoulder<sup>4</sup>. The wrestler has a good upper arm and a strong grip but generally wears a poor forearm. The wrestling arm is a strong composition of strength and suppleness. Few wrestlers are good at lifting heavy barbells or dumbbells, yet a good second class wrestler can easily overcome a first class weight lifter. The difference is in the type of exercise as I have previously stated. The weight lifter has rigid muscles that cannot stand the contortion of wrestling and twisting and more particularly they fail to build their muscles right. Wrestler, as a rule, do not touch heavy weights and do not acquire rigid muscles which makes it difficult for them to sustain any heavy weight overhead<sup>5</sup>. Yet, they are usually able to snap an opponent off the mat and hurl him overhead time after time and I doubt if I can recall of any single specialized weight lifter who could move the same man from the same position. By all*

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3 The importance of a symmetric development.

4 This single statement is very important because it proves that you can develop a perfect body and strength with Maxalding only, because the Maxalding exercises are based exclusively in Muscle Control, a few calisthenics and some hand balancing.

5 This affirmation about the muscular rigidity induced by weightlifting is far deeper than it seems at first glance. It is not a mere muscle-bound reminiscence, but an explanation of the obvious fact that weight lifting cannot cover all possible joint angles and motions. In fact, weight lifting suffers from the same limitations as any other exercise. Biceps curls, for example, only work the muscle in a straight line of motion, something very rare in real situations.

## 2. Preliminary exercises for the upper arm

*means the arm of the wrestler is more capable of endurance. More so than the arm of any other athlete and his grip is, nine times out of ten, superior to that of the majority of weight lifters.*

*Now mind you that I am not knocking weight lifting. I am giving you frank comparison irrespective of personal feeling. I know there are some who preach weight lifting as a cure-all, but those same people I challenge to prove it by their personal abilities.*

*There are two standing figures in the history of strongmanism and wrestling whom you will doubtless recall, namely George Hackenschmidt and George Lurich.*

*Both these men were marvels in feats of lifting and were in their day invincible on the mat, but their methods of training were not the methods some people try to make believe. They were men with a perfect understanding of the bodily mechanism who both followed the same system of training, which was thorough and provided them with dual qualities of muscular rigidity and relaxation at the right time, also with fountains of reserve energy and inexhaustible endurance. Both these men possessed magnificent arms that had a mighty circumference on all five points, yet they were gracefully shaped and leaping with life.*

*But, if you are not convinced yet about the need of Muscle Control for a complete and healthy muscle development, you should continue to read this, it is more current now than seventy years ago!*

*Somewhat the idea has crept into the minds of our young exercise fans that the right thing to do in building big arms*

*is to isolate his practice. By that I mean if he is eager to build up a big strong pair of biceps he will subject himself to one form of practising like chinning the bar or curling a long handled barbell to the shoulder. Both are worthy of consideration but neither will give you a biceps of the all around order. The arm of the "chinning" fiend is really dangerous. It develops a baseball biceps that acquires so much contraction as to cause a permanent and noticeable shortening of the biceps, simple because the chinning action is one seldom practiced from the complete arm hang on account of its difficulties. For this reason there is insufficient biceps extension.*

*Curling entirely with a long-handled barbell does not give a complete biceps contraction. Where chinning gives too much contraction, curling gives insufficient. The start off in curling is all right but the moment the angle of the forearm with the elbow goes past the degree of right angles the biceps begins to flatten as the amount of weight forces the elbow back. This causes the forearm in most cases to fold quickly upon the biceps making only a partial contraction. Some seem to think the heavier weight they can curl the greater results are given to the upper arm, but prove it to yourself. You will strain tremendously through the first stages, so much that the strain is as evident on the body as the arms, this will cause you to bend backwards and the moment the arm passes its right angles you will find the arm folds quickly, to your relief, but you are getting nowhere. You are worse off with a real heavy weight than with one you can easily handle.*

*There is another form of curling*

*performed with a cable exerciser. My objection to this is because the exerciser is usually too long to give complete arm extension and contraction. Then you are obliged to perform too many repetitions which end up with the development of a peanut biceps. You know that I mean, the biceps is that is small and knotted. In others we get the stringy type from too many repetitions and too little resistance.*

***The thought you should absorb is that you cannot build your muscles in a one-way rut. If you do, you can only expect a one-track action. The moment you try to perform a movement adverse to this one set path you are out of luck.***

***The greatest specialists in every line are found to draw on other lines for their complete knowledge and when you need all round strength and ability, size and appearance, you have to build from every angle but in such a manner as to coordinate as many of the movements into one as is possible.***

*It is the quality of your muscular structure that counts. Size alone means nothing. For years I have warned exercise fans and muscle builders against the danger of creating inflated tissues. This is caused by performing too many repetitions of movements devoid of concentration or resistance. It is as dangerous and as useless as the arm of the man developed in a one track mold. Cable exercises create the worst condition and calisthenics come next<sup>6</sup>.*

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6 All old time strongmen agreed in that high repetition calisthenics destroy the quality of the muscles. Maxick solved this shortcoming applying MC to calisthenics: *I very soon learned that the important factor was the inspiration of determination in performing an exercise and not merely the number of its*

*There is never any steel in the muscle structure of this type. Get away from it, practice variation, but don't strain your muscles. Sinews and ligaments are never thickened when taxed too strenuously. Remember exercise is not strain, it is a process of cultivation by gradual increased stimulation of the organic and physical sources.*

Maxalding, and more specifically, Muscle Control, makes this objective possible, because you can contract and relax every muscle from every possible angle, combining all isolations into a continuous unique exercise for all parts of the body from head to toes. This is the way I recommend the practice of Muscle Control.

This point of view was also clearly stated by Court Saldo.

*There are sound physiological reasons for this form of progression, which are not understood by some of those who try to teach muscle control, but spoil the chances of their followers ever becoming good muscle controllers, by a haphazard series of movements and a complete false idea of the way to master the controls.*

***As already explained it is necessary to employ a muscle through its fullest range of movement for maximum development to be obtained. Muscle***

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*repetitions. With this I want to say that I did not put any special value on a high number of mechanical repetitions but that I combined every individual movement with the conscious sensing of a strengthening of a certain group of muscles. Through this process the entire attention flowed into the muscles active at the moment and the inner expectation of a strengthening resulted in an advantageous change of the physique (YOU ARE AS STRONG AS YOU WISH TO BE, Maxick).*

***control enables this range of movement to be lengthened considerably, by adopting various skeletal positions.***

*Isometric or static contraction with a muscle in a short position, has its value in increasing muscle growth, but only when the muscle has been prepared with full range progressive movement. To use static "peak" contraction in weak or unprepared muscles can be disastrous.*

The biceps is one of the muscles of the body that can be controlled more easily, but this is the reason by which many people tend to perform the biceps controls with bad form.

The main errors regarding biceps controls are:

- The use of the powerful antagonistic action of the triceps in order to contract the biceps.
- The almost instinctive hard contraction of the fingers, closing the fist and forearm muscles, for achieving a more rigid contraction of the biceps.
- The exclusive use of peak contraction, tensing the biceps only in its more contracted position.
- The rigid contraction of the biceps, almost cramping it.
- The lack of ballistic and dynamic muscle controls of this muscle.

These bad practices produced a lot of misunderstandings among old (and present) athletes, including skilful muscle controllers, so that they concluded that MC was unable to develop the muscles to its full potential.

Although ISR and DSR exercises are

## *2. Preliminary exercises for the upper arm*

extremely good to learn MC, its main limitation comes from the fact that in the majority of individuals these exercises do not cover the whole range of motion of the worked muscles, due to obvious joint limitations. Because of this, the maxaldist should do ISR and DSR only as a learning and complementary tool and never as a definitive training method.

The description of ISR or DSR exercises here would be very long and would distract from the main goal of Maxalding, the Muscle Control exercises, so that I shall not explain such exercises. If you want to see very complete descriptions of ISR and DSR exercises, I suggest you the following links:

<http://www.sandowplus.co.uk/Macfadden/MPB/mpb-intro.htm>

<http://www.sandowplus.co.uk/Competition/Jowett/MMM/arm/arm01.htm>

And the following pages of each link.

### ***2.2. BL exercises for the biceps***

The most effective BL exercise for the biceps is the chin up (remember the Jowett's advices), but you need a bar. It is very difficult to work this muscle with bodyweight exercises without apparatus because most of BL exercises are of a pushing nature.

The best alternatives to chin ups are self resistance (ISR and DSR) exercises.

## **3. Muscle control of the biceps**

At this point I suppose that the reader knows the main MC techniques (fine tune of contraction, analytical MC, slow

controlled breathing, ...) described in previous articles, so that I am going to describe directly the controls.

### **3.1. Control of the biceps in its most contracted position**

Bend your arm as far as your forearm almost touch your biceps and perform a slow and progressive contraction just below the vibrating point of the muscle. Don't allow your muscles cramp, it does not produce any additional benefit and can be dangerous.

The biceps can be (and should be) controlled in several joint angles in this position. This variations will help you to work more intensely each portion of the biceps muscle.

#### **3.1.1. Transversal analytical control (TAMC) of the biceps in its shortest position with the wrist at 0°**

Adopt the position described in 3.1 with the palm facing the biceps. Contract slowly and progressively. Keep the contraction 5-10 breathings or apply some of the advanced techniques described in previous articles.

#### **3.1.2. Transversal analytical control (TAMC) of the biceps in its shortest position with the wrist at 90°**

Adopt the position described in 3.1 with the palm turned 90° with respect the biceps line. Contract slowly and progressively. Keep the contraction 5-10 breathings.

#### **3.1.3. Transversal analytical control (TAMC) of the biceps in its shortest position with the wrist at 180°**

Adopt the position described in 3.1 with the palm turned 180° with respect

the biceps line. Contract slowly and progressively. Keep the contraction 5-10 breathings.

These exercises are specially good for increasing the performance for doing pull ups and chin ups.

This position can be used to try to isolate the brachialis muscle to some extent.

### **3.2. Control of the biceps in its middle position**

Bend your arm forming an angle of 90° between the forearm and the biceps. Contract slowly and keep the tension 5-10 breathings. Be careful to reduce the triceps contraction to a minimum.

#### **3.2.1. TAMC of the biceps in its middle position with the wrist at 0°**

Adopt the position of 3.2 with the palm facing to the biceps. Contract slowly the biceps minimizing the action of the triceps and forearm muscles. Keep the contraction 5-10 breathings.

In this position both heads of the biceps are worked symmetrically.

#### **3.2.2. TAMC of the biceps in its middle position with the wrist at 90°**

Adopt the position of 3.2 with the palm at 90° with respect to the biceps. Contract slowly the biceps minimizing the action of the triceps and forearm muscles. Keep the contraction 5-10 breathings.

In this position the external head of the biceps is most intensely worked. If you perform a fine tune of the muscle contraction in this position you can isolate this portion of the biceps to a high degree. However, it is fundamental

not to surpass certain critical tension point, because the other portion would be involved.

If you practice MC almost cramping the muscles, you will never be able to achieve extreme levels of isolation. This is the reason by which I insist so much in performing all controls with slow and progressive tension always under the trembling point of the controlled muscle.

Some other muscles can be worked in this same position, specially the brachioradialis can be contracted very powerfully. We shall study these controls later.

### **3.2.3. TAMC of the biceps in its middle position with the wrist at 180°**

Adopt the position of 3.2 with the palm at 180° with respect to the biceps. Contract slowly the biceps minimizing the action of the triceps and forearm muscles. Keep the contraction 5-10 breathings.

In this position the internal head of the biceps is most intensely worked. If you perform a fine tune of the muscle contraction in this position you can isolate this portion of the biceps to some extent. The same preceding recommendations apply here.

### **3.2.4. Longitudinal AMC (LAMC) of the biceps in its middle position with the wrist at 0°**

This can seem extremely difficult at first, but with a lot of concentration and patience you would experience that you can vary the level of tension along the biceps muscle from the upper insertion point to the lower.

How to achieve such extreme controls

is equally extremely difficult to explain, because they appear spontaneously most times after months of dedicated practice.

Here are some suggestions to accelerate the learning process.

- Previous relaxation is very important, so learn to relax all muscles before attempting the extreme controls, because a contracted muscle cannot be analytically isolated. Besides, complete relaxation is fundamental in order to distinguish properly the effect of the mental concentration on each muscle portion.
- The FTMCR (fine tune of the muscle contraction and relaxation) technique, performed by means of very slow contractions synchronized with perfect breathing, is the key to success.
- The lower the tensing effort, the better the results. Generally, the success in the performance of extreme controls is intimately related with the enhancement of the mind muscle connection due to the achievement of new mental concentration levels, so be very patient if you want to master MC to this point.
- Try to concentrate your analytical tension on three parts of the muscle: upper, middle and lower. With time, you could transfer the tension continuously along the entire muscle.

This neutral position is the best for performing double TAMC + LAMC isolations of each head of the biceps in advanced stages.

### **3.2.5. LAMC of the biceps in its middle position with the wrist at 90°**

In this position you can perform an amazing double TAMC + LAMC isolation of the external head of the biceps, but the longitudinal controls in this rotated positions have a lot of problems because some surrounding muscles tend to contribute to the contraction.

### **3.2.6. LAMC of the biceps in its middle position with the wrist at 180°**

The performance of LAMC in this position is very difficult, except the concentration of the effort in the lower part, near the elbow. This difficulty can be used to try to isolate the brachialis muscle to some extent.

### **3.2.7. Tendon isolation with the biceps in its middle position and the wrist at 0°**

This neutral position is the best to try the extremely difficult tendon isolation at the insertion points of the biceps. The ability to perform such isolations is simultaneous with the success in feeling the different LAMC contractions. Obviously, the isolation cannot be complete at a 100% level, but it can be done to a satisfactory degree.

The easiest control use to be the isolation of the lower tendon. It can be very helpful to put one finger over the central tendon in order to feel the exact moment in which the tendon is sufficiently tensed but the biceps is almost relaxed still.

The upper isolation is much more subtle, because is based exclusively in an internal, almost subjective feeling, due to

this area is covered with a thick layer of muscle. There is more favourable position for this control, explained later, with the biceps almost stretched.

The tendons of this body part can be very difficult to see, so that a clear visualization of the isolations could be impossible.

You can try these tendon isolations with the wrist rotated other angles, but they use to be even more difficult.

### ***3.3. Control of the biceps in its stretched position***

Keep your arm almost straight, but do not force the stretch, because you would produce an instinctive powerful antagonistic contraction of triceps.

Contract the biceps very slowly and try to keep the tension 5-10 breathings relaxing the triceps as much as you can all the time.

In this position you can perform all the TAMC and LAMC variations explained before, although they are much more difficult. However in this stretched position, you can perform a more definite isolation of the upper section of the biceps and the corresponding insertion point.

In order to achieve the upper isolation relax all your arm muscles with the arm almost stretched, but, this is very important, do not allow your arm to hang freely, keep it slightly elevated. Put one finger over the upper section of the biceps and other finger over the bordering lower section of the deltoid. Raise and lower your arm very slowly in the relaxed stretched position explained before and notice with your fingers how both muscles contract when you raise

your arm.

Keep your arm in the position you feel the greater biceps contraction with a reasonably low tension in the deltoid and try to intensify mentally the biceps upper contraction in this position during 5-10 breathings.

#### **4. MC of the triceps**

The triceps is a very important and, unfortunately, sometimes a neglected muscle. All over head liftings and most of the upper bodyweight exercises demand a powerful action of the triceps. All old time strongmen insisted in the importance of the triceps training over the biceps and recommended push ups, pull ups and hand balancing to accomplish this.

MC is a very powerful method to work the triceps entirely and to sculpt it perfectly.

##### ***4.1. Control of the triceps in its stretched position***

The main problem in this position is the parasitic contraction of the biceps, because the biceps is in its most favourable position to contract.

But you can minimize this effect almost completely adopting carefully a correct position. Keeping the fingers straight helps also to maximize the triceps contraction while the biceps is more relaxed.

Stand erect and bend your arm at chest height as if you were going to do a push up. The wrist must be straight and the palm facing down towards the floor while the forearm is also parallel to the

floor.

Now bring your elbow backwards as far as you can in this position. This and the 90° rotation of the wrist with respect to the biceps line are the key to suppress the biceps contraction. You should feel the tension mainly in the lower part of the triceps, near the elbow, similar to the first effort to do a push up.

Don't be disappointed if you feel some biceps contraction in spite of these precautions. Practice patiently, contracting the muscle very slowly always without allowing it to tremble. Remember that a trembling muscle transfers its tension almost automatically to its surroundings.

In this is position the TAMC are not clearly distinguishable. You should concentrate in the LAMC along the triceps muscle, trying to raise the tension from the elbow to the shoulder, but without an antagonistic action of the biceps. Tune your contraction effort very precisely and stop before the biceps begin to contract appreciably. It is very difficult, but you will be satisfied with the results in your next push up test.

##### ***4.2. Control of the triceps in its middle position***

A true test of MC performance, because it is almost impossible to contract the triceps in this position without involving the biceps to some extent.

Adopt the same position as 4.1, but the elbow must be in line with the chest and the forearm must form a 90° angle with the upper arm.

This control demands an extremely high mental concentration ability and

only can be achieved after your mind muscle connection have developed to an higher level of conciousness.

Focus your mind in the back insertion point of the elbow. As you increase the contraction effort very slowly, you should feel the beginning of the tension very near the elbow. Try to raise this tension progressively along the central line.

The problem is that this control is very important, because it hits a generally weak and unstable point in the range of motion of the triceps.

But, do not despair, because I have discovered a very easy trick to eliminate to a high degree the biceps action in this position, allowing a really powerful triceps contraction in this important position<sup>7</sup>.

Adopt the position explained before (bend your arm at 90° in line with the chest), but now try to rotate your wrist outwards as you comfortably can. Experiment with this and you will be able to notice that an internal rotation (palm facing you) of the wrist produces a powerful contraction of the biceps, but an external rotation of the wrist (the palm moves away from your sight) allows a reasonably good triceps tension.

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<sup>7</sup> I advise you to experiment with new MC techniques alone, because your family or friends could imagine some strange things about you. Imagine that you see a guy performing all sort of joint rotations and positions with absolute concentration. Sometimes some members of my family, when they have seen me doing MC, have frightened, because they say that I seem to be in a very strange kind of trance :D .

### **4.3. Control of the triceps with the arm completely stretched**

At last an easy position to control the triceps!

Extend your arms to both sides at a 45° angle with respect your body line from the legs and stretch them as far as your comfortably can, trying to put your forearms backwards with the wrists pointing forward. You should feel a very powerful contraction in the heads of the triceps. Try to intensify this tension mentally, but be careful, do not force the muscle in this position, because it is very prone to painful crampings.

#### **4.3.1. TAMC of the triceps with the wrist at 0°**

In this position your palms should point to your legs. Stretch your arm and keep it perfectly straight as far as you comfortably can. You should feel a powerful contraction on the triceps head and the area near the elbow. The upper muscles of the forearm can be involved to some extent, this is inevitable and does not affect the performance of the exercise, because this additional contraction contribute to stabilize the elbow joint in external resistance exercises.

You can try LAMC in this position raising the tension from the elbow to the shoulders, concentrating the effort on different sections.

#### **4.3.2. TAMC of the triceps with the wrist at 90°**

In this case the arm must be perfectly stretched and the wrist should point backwards.

The feelings are very similar to 4.3.1

but the tension is more concentrated on the back section of the triceps (the nearest to the armpits).

The recommendations are also the same. Do not rotate the wrist more than 90°, because, contrary to 4.2, in this stretched arm position, an excessive outwards rotation of the wrist produce an undesirable forced twisting of some elbow tendons and ligaments.

Thanks to this rotations you can concentrate your effort more intensely over each of the heads of the triceps muscle.

## 5. MC of the brachialis muscle

Here are some Jowett's comments about this neglected muscle.

*The side movements of the arm are not controlled by the biceps but by a muscle that fits on the floor of the upper arm in such a manner as to be almost hidden from visible identification. [...] This muscle aids as a flexor of the forearm and what should interest you is that this muscle actually has an influence on the size and shape of the biceps.*

The effective isolation of this muscle is a real MC challenge. I have had a limited success in sensing the isolated contraction of the brachialis in neutral positions, because both surrounding muscles, the biceps or the triceps, are quickly involved in the contracting effort.

The best position I have found to work the brachialis more intensely is similar to the end (upper) posture of a narrow grip pull up.

Bend your arm almost completely, but be careful that your biceps does not press your forearm, because such pressure would produce some instinctive contraction of the biceps. Now, put your forearm in front of the corresponding shoulder pointing vertically to the roof. The key is to turn your wrist outwards as far as you can (without forcing it), so that the palm faces to the front, very similar to a pull up isometric hold in the upper position. In this position the biceps and the triceps should be almost completely relaxed. You can notice easily such condition touching your arm, both muscles seem very soft. Besides, the brachioradialis and the forearm muscles are not heavily affected in this forced posture.

Now concentrate your effort in the lower part of the upper arm, near the elbow. You should feel a very intense tension (be careful with an eventual cramping) below the biceps that does not tense this muscle appreciably. This tension is produced by the brachialis.

## 6. MC of the brachioradialis muscle

This muscle contribute powerfully to the elbow flexion when the biceps is in a mechanical disadvantage, so that in order to control this muscle we should find a position in which the elbow is flexed while the biceps is almost relaxed.

After some experimentation you can notice that the best position to contract this muscle is the explained one in the section 3.2.2, but you must do an effort to relax the biceps.

An additional rotation to reduce the

action of the biceps is not desirable, because you would lose the advantageous contracting position of the brachioradialis.

In advanced MC stages you can try to minimize the parasitic tension of the biceps by means of TAMC with FTMCR. In learning phases you can feel this muscle performing an ISR (isometric self resistance) over the forearm in the prescribed position, pressing downwards slowly and progressively. Do not press too strongly, because the biceps would contract appreciably. Once you feel the tension of the brachioradialis, try to reduce the manual tension, substituting it by mental concentration.

## **7. MC of the forearm muscles**

The forearm muscles are many and complex. They are involved in the rotation of the forearm and wrist and in the extension and flexion of the fingers. They can be worked externally by loaded rotations of the wrist and gripping actions.

MC can be used to reinforce these muscles to their highest degree without the dangers of tearing these delicate structures by means of external resistance practices.

An effective isolation of each muscle of the forearm is practically impossible, so that the recommended MC technique in this case is to work the forearm from all possible angles. The key is a proper rotation of the wrist with the arm almost stretched, but not completely stretched, because this would involve the triceps very forcibly.

### ***7.1. Forearm MC with the wrist rotated 90° upwards and pointing to the front***

Keep your arm straight pointing to the floor. Now, rotate your wrist upwards as far as it forms an angle of 90° with respect to the forearm line and the floor. Your fingers should point to the front. Keep your fingers comfortably closed, but relaxed, do not force them.

You should notice a considerable tension in the front (external with respect your body line) forearm muscles and in the area below the elbow. Try to intensify this feeling by mental concentration. Do not allow these muscles to tremble and do not force the flexion of the wrist.

### ***7.2. Forearm MC with the wrist rotated 90° upwards and pointing to the side***

Keep your arm straight pointing to the floor. Now, rotate your wrist upwards as far as it forms an angle of 90° with respect to the forearm line and the floor. Your fingers should point to the external side (your fingers must be perpendicular to your line of sight). Keep your fingers comfortably closed, but relaxed, do not force them.

In this position your wrist form a 90° angle clockwise with respect to the position of 7.1.

You should sense a powerful contraction of the back muscles of the forearm (the internal ones, facing to your body). Try to intensify the tension by mental concentration without trembling or strain.

### ***7.3. Forearm MC with the wrist rotated 90° backwards and pointing to the side***

Adopt the same position as 7.2, but

## 7. MC of the forearm muscles

now turn your wrist 180° backwards so that your fingers point to your body.

You should feel that the tension concentrate very intensely in the zone just below the elbow. If your body fat levels are sufficiently low, you could see a very defined and hard muscle in this position. Keep your fingers comfortably closed, but relaxed, do not force them.

Try to concentrate your mental effort in this muscle.

### ***7.4. Forearm MC with the wrist rotated 90° backwards and pointing backwards***

Rotate your wrist 90° with respect to the position of 7.3 so that your fingers point backwards. Keep your fingers comfortably closed, but relaxed, do not force them.

In this position you can produce a powerful contraction of almost all forearm muscles.

### ***7.5. Forearm MC with the wrist at 0° parallel to the body line and the fist rotated to the front***

Keep your arm vertically straight, but relaxed with the wrist in a neutral position (the palm should face to the leg). Keep your fingers comfortably closed, but relaxed, do not force them.

Try to elevate your fist to the front laterally and concentrate the tension on the forearm muscles.

### ***7.6. Forearm MC with the wrist at 0° parallel to the body line and the fist rotated backwards***

Adopt the same position as 7.5 but rotate your fist laterally backwards as far as you comfortably can. Try to intensify the contraction of the forearm muscles.

Keep your fingers comfortably closed, but relaxed, do not force them.

### ***7.7. Forearm MC with the wrist perpendicular to the body line and the fist rotated to the internal side***

The position is very similar to 7.5, but now you must rotate your wrist 90° counter clockwise. Keep your fingers comfortably closed, but relaxed, do not force them.

### ***7.8. Forearm MC with the wrist perpendicular to the body line and the fist rotated to the external side***

The position is very similar to 7.6, but now you must rotate your wrist 90° counter clockwise. Keep your fingers comfortably closed, but relaxed, do not force them.

### ***7.9. Forearm MC with the arm in a neutral position***

This is an exercise similar to a grip, so the relative position of the arm is not too important.

Clench strongly, but carefully, your fist and keep the tension 5-10 breathings. In successive performances try to reduce progressively the finger pressure against the closed palm and replace it by mental contraction in a closed fist, but relaxed, posture.

In this position the wrist should be perfectly rigid.

## **8. Finger MC**

The control of the finger muscles involve also very powerfully the forearm muscles, so it can be considered a mixed contraction. These controls used to be

easy because there is a very strong pre-existing mind-fingers link.

### ***8.1. Finger squeezing***

Imagine that you have to squeeze a tennis ball. Adopt this position and contract powerfully your fingers, but without strain. Keep the tension 5-10 breathings or use some of the more advanced MC techniques.

### ***8.2. Finger stretching***

Stretch your fingers completely and contract them in this position. Remember the extraordinary importance of MC in stretched positions. Never skip the performance of stretched MC.