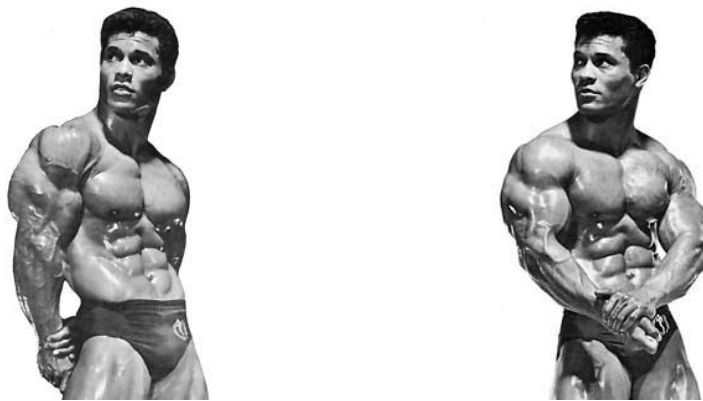


Rick Wayne's Arms

by

Alan Palmieri

No matter what the subject, it always comes back to arms for bodybuilders. Who has the biggest and most impressive? Who has the most peak and symmetry? Who has the best overall? How did they train them? How are they training them? It all comes back to arms. Large well defined and sculptured arms are the goal of every bodybuilder; it's always been that way and always will be.



Two shots showing Wayne's outstanding overall development, especially the massiveness of his upper arms.

Rick Wayne has to be included in any list that recognizes a meaty well defined and shapely arm. Long recognized for his wit and sharpness of words with the pen, Rick also was known for his fantastic arm development. The first time I met Rick was in the mid 1960's in New York. No chance he would remember the encounter as I was a bodybuilding "nobody" and he was being featured in magazines on a monthly basis. It was before he signed on as a writer and later editor with Weider.

I had the chance to not only watch him pump his arms but talk with him about his training. As with all things, sometimes experience brings about some regrets. I never thought to ask some questions that today, being more experienced, I would have asked. I know routines were changed but I never asked Rick how often he changed them or how much weight he used, things that would have been of interest then as well as today, I simply didn't think to ask.

Rick had legitimate 20" arms at a height of about 5' 9". Back then far too many bodybuilders were claiming their 18" arms were 20". Not many could honestly report an upper arm of 20" but Wayne could. Rick said he believed diet was important in his training. He talked a great deal about the role of nutrition and how he felt it contributed to his development. Rick said he trained hard to force his muscles to grow and needed a good diet in order to recover and provide energy for his extremely intense workouts. Rick was also aware of the importance of nutrients, carbs, fats, and proteins for muscle repair and building.

Rick began his training as a teenager. He was probably at his peak in his late 20's and early 30's. After following a great many training principles Rick settled in on a couple that he said were responsible for his magnificent arm development. The first being what he termed; "super-super sets". He went on to explain this was his method of using two exercises for biceps followed by two exercises for triceps. A short rest would then be taken and he would repeat the "super-super set" again for the desired number of times, usually four to six "super-super sets" were performed.

In addition to the modified super-set routine described above, Rick used a giant set routine to really blast his arms. It doesn't take a rocket scientist to know this routine is only for the advanced bodybuilder even though some beginners might attempt it. Word to the wise, don't... it's designed for advanced bodybuilders. The workload will only result in disappointment for those who do

not have sufficient training under their belt. Of course a modified version may be okay.

Rick didn't use heavy weights which surprised me. Instead he used light to moderate poundage's. Rick said he felt it more important to feel the muscle action while performing each exercise in his giant sets than to go for maximum poundage. He also said he felt using heavier weights kept him from being able to concentrate on the muscles being worked. Rick was also one of the very first bodybuilders who cautioned me about lifting heavy all the time. He pointed out that over an extended period of time joint damage would result. We talked a length about the advantages and disadvantages of constant heavy lifting.

Rick mentioned he rotated and changed his workouts from time to time but he didn't indicate the frequency. Listed below is one of the giant set arm routines he followed. The workout was performed in strict fashion and you could actually see the muscles cramp as Rick performed each rep with precision. Each rep and each set seemed to pump more and more blood into his arms and they appeared to blow up like a balloon after only a few minutes. He used a smooth rhythm on all movements with very little rest between sets.

Rick would increase the poundage with each set until he felt he had reached the maximum amount of weight he could use at which point he would continue on with that amount until he completed the desired number of sets.

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| 1. | Barbell Curls | 6x6 |
| 2. | Triceps Pressdowns | 6x8 |
| 3. | Seated Dumbbell Curls | 6x6 |
| 4. | Seated Triceps Extension | 6x6 |
| 5. | Concentration Curls | 6x10 |
| 6. | Seated Dumbbell Triceps Extension | 6x12 |
| 7. | Close Grip Barbell Curls | 6x6 |

As an author, Rick Wayne wrote countless articles and at least one book titled "Muscle Wars". This book is a must read for a glimpse of the actual things that took place behind the scenes of bodybuilding in the 1960's. It will be hard to find but well worth the effort if you can locate a copy.

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