

X-MEN  
DAYS OF FUTURE PAST

THE  
WOLVERINE

ASSASSIN'S  
CREED

THE  
HUNTSMAN  
WINTERS WAR

LIFE

THOR  
RAGNAROK



# SUPER HERO ARMS

Arms | Edition  
#teamkingsbury



Try a session today

SUPER HERO ARMS SESSION

[www.davidkingsbury.co.uk](http://www.davidkingsbury.co.uk)

I am very fortunate to do what I do for a living. My job as a personal trainer has taken me all over the world and I have had some extraordinary experiences with my work. Whilst some aspects of my career have been unusual, from red carpet premieres and working on film sets to traveling the world. I am still the same person I was a decade ago when I started in the fitness industry.

I take my own physical fitness very seriously. I have done my whole life, through a number of sports and activities for as long as I can remember. Being physically fit helps me stay focussed on my business and have the high energy required for supporting my clients. I also believe strongly in being a positive representation of what I promote in every way.

I am a husband, father and business owner. I know the demands of everyday life and how hard it can be to fit healthy eating and exercise into the chaos of everyday. I focus my energy on providing a lifestyle solution, one that can easily fit into every day and sustainably deliver results.

I am best known for my work on the silver screen, working on films like The Wolverine, X-Men Days of Future Past and Assassins Creed to name a few. Whilst I am very proud of my achievements within the film industry, I am honoured and humbled by my work with my #teamkingbury online clients. No big Hollywood budgets in site, that paired with busy family/work schedules and yet still some of the most amazing results I have ever seen.

I pride myself on trying to help as many people as possible achieve their goals. For me it isn't about celebrity and high profile clients, it's much more about determination and dedication to achieve results, no matter who you are.





## Muscle building mechanics...

This workout utilises the 3 key muscle building techniques:

### 1 – Mechanical Tension: Go Heavy

Mechanical tension means lifting heavy weights. It might seem obvious but often the “hypertrophy” rep ranges can skip past some good old fashioned heavy lifts.

Most people will have a “sweet spot” for mechanical tension on the targeted muscles, and it won't be the heaviest weight you can lift for a single rep.

The sweet spot will vary based on the lift, the individual and also experience.

If you are a very experienced the sweet spot might be on the low end of the 3-8 rep range.

If you are less experienced lifter the sweet spot may shift up to the 6-10 rep range.

Here are the parameters for mechanical tension:

Sets            3-8  
Reps            3-8 or 5-12  
(depending on the lifter and the lift)

Tempo    2/0/1/0, 2/0/1/3, or 2/3/1/0

Rest    2-3 minutes

Tempo indicates the amount of time in seconds allotted to the eccentric (negative), transition, concentric (lifting), and second transition phases.





## 2 – Metabolic Stress: Pump it up!

Metabolic stress is basically training for the pump.  
2 things to focus on here.

Constant tension on the muscles, this is achieved with a continuous cadence, no pauses, stops or stalls in the movement. Always keep the movement going throughout the entire rep.

When training for metabolic stress, take sets to momentary muscular failure with medium to high reps and keep the rest periods short.

A pump routine would look like this:

Sets	3-4
Reps	12-25
Tempo	1/0/1/0
Rest	less than 1 minute

## 3 – Muscle Damage: Focus on the Negative

Muscle damage is achieved with slow negatives, extended range of motion, high tension in the stretched position of the muscle and exercise variation.

It shows itself as muscle soreness.

Too much muscle damage can slow down your progress and typically works better with reduced muscle training frequency or slightly reduced training volume (if keeping muscle training frequency high) days.

Sets focusing on muscle damage may look like this.

Sets	2-5
Reps	6-12
Tempo	4/0/1/0
Rest	1-2 minutes





## Tempo explained

**The First Number** – The first number refers to the lowering (eccentric) phase of the lift. Using a squat as an example, the first number would represent the amount of time (in seconds) that it should take you to descend to the bottom of the squat. (The first number always refers to the lowering/eccentric phase, even if the movement begins with the ascending/concentric phase, such as in a pull-up.)

**The Second Number** – The second number refers to the amount of time spent in the bottom position of the lift – the point in which the lift transitions from lowering to ascending. In our squat example, if prescribed as 0 it would mean that the athlete should reach the bottom position and immediately begin their ascent.

**The Third Number** – The third number refers to ascending (concentric) phase of the lift – the amount of time it takes you to get to the top of the lift.

X signifies that the athlete should EXPLODE the weight up as quickly as possible. If the number is a 1 or 2 it means the concentric phase shouldn't be done explosively but with a controlled push.

**The Fourth Number** – The fourth number refers to how long you should pause at the top of the lift. Take, for example, a weighted pull-up prescription of 20X2, the athlete would be expected to hold his or her chin over the bar for two seconds before beginning to come down.

## Rest Periods

When it comes to optimising your training program, there's a lot of variables that need to be considered. How much time you rest between sets is one of the most important variables yet is often overlooked. Try to follow the rest period timings carefully to achieve the best results.



## The Session

Superset or Single	Set Type	Day	2	Sets x Reps	Rest	Tempo
1	Set	Arms - Tricep	Dips (assisted)	4x6	120	2010
2	Set	Arms - Bicep	Narrow chin ups	4x6	120	2010
3	Set	Arms - Tricep	Narrow bench press	3x10	90	4010
4	Set	Arms - Bicep	Zottman curls	3x10	90	4010
5a	Circuit	Arms - Bicep	Dumbbell curls	4x12	0	1010
5b	Circuit	Arms - Bicep	Cable curls – tricep rope	4x12	0	1010
	<b>Circuit</b>	<b>Rest</b>	<b>120</b>		120	
6a	Circuit	Arms - Tricep	Tricep push down – rope	4x12	0	1010
6b	Circuit	Arms - Tricep	Narrow push ups	4x12	0	1010
	<b>Circuit</b>	<b>Rest</b>	<b>120</b>		<b>120</b>	

How well did you train?



Training notes

# The Rules of Results!!

Having an awesome session like this one will make you feel great, give it a go right now and see for yourself how a bit more thought on how you train can make a huge difference.

But in order to be successful you also need to consider the golden rules of results.

Know your goals and understand what you have to do to achieve them.

Build a clear picture of what you want to do and what you need to do to get there. This is a crucial step so get right at it!

## Plan your training

Start planning your training schedule. You need to focus on consistency, suitable structure and progression. It's also crucial you balance your activity with your calorie intake, so take note on your energy expenditure.

## Track your training

To effectively make progress you need to track your training and apply progressive overload. Track rest periods, sets, reps, weight and every detail of your session. Use this information:

Calculate what you need to eat to achieve your goals. Two thirds of us are on diets "most of the time" but the diets we follow are fundamentally flawed. Training and dieting with no grasp on energy balance leaves your progress completely to chance, no matter how strict you are or how much you sweat. So crunch the numbers.

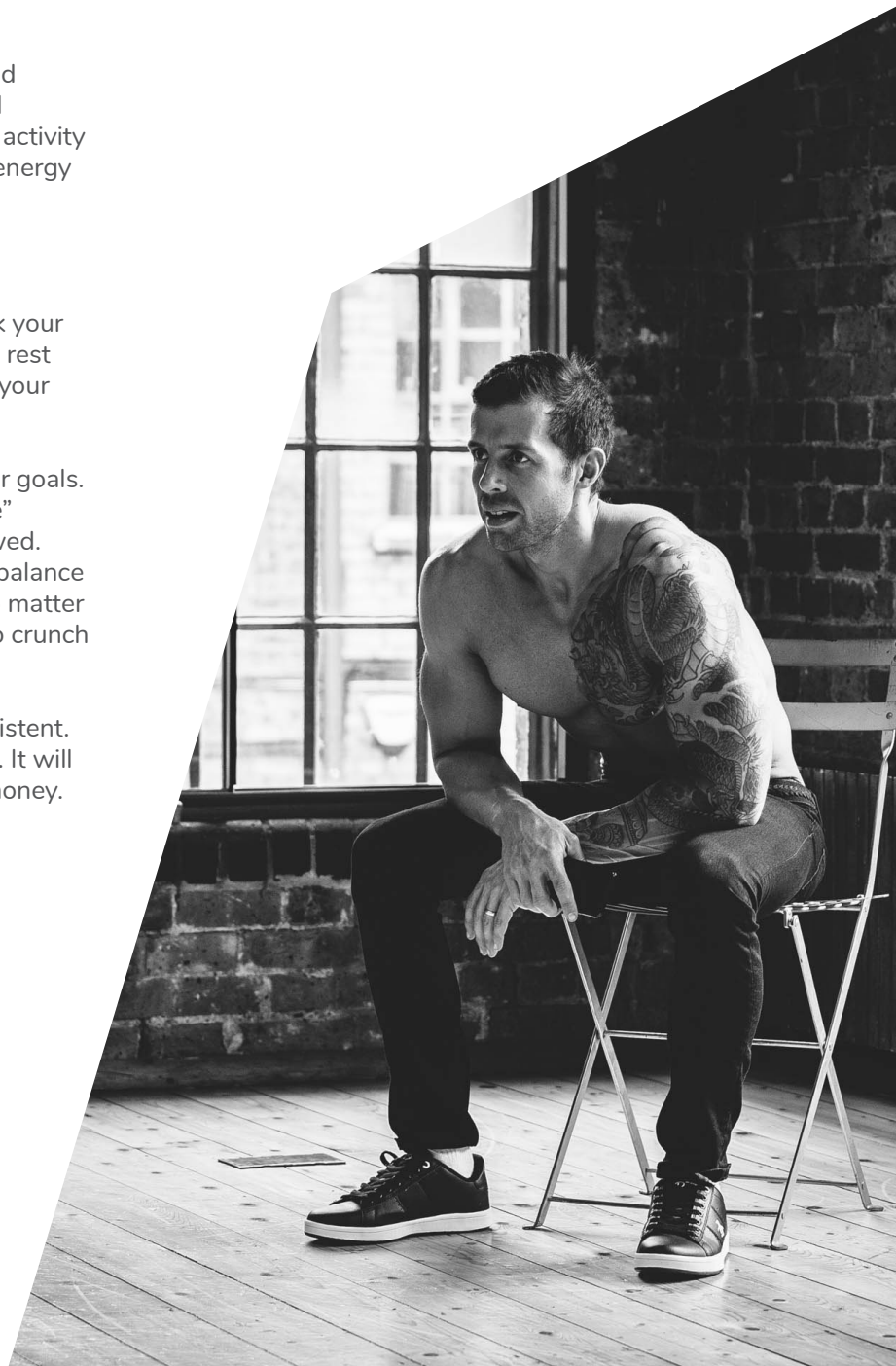
Get organised with your nutrition and be consistent. Simple, prep food for the best possible results. It will save you huge amounts of wasted time and money.

## Adapt as you progress.

As we progress we need to adapt our training and nutrition to keep moving forward. Don't think the same training routine or food plan will work forever. Do regular check ins to see if you are progressing and adapt to keep the results coming!

Stay committed, get support and get your best ever results.

Getting in shape takes time, dedication, careful planning and commitment. Going at it alone is an upwards struggle. Get help, get a training partner, hire a coach, do what you need to do to stay motivated and accountable.





## Work with me

### START YOUR JOURNEY

The custom calorie nutrition and personalised training plans I provide are lifestyle focussed and suit both men and women as each and every meal and training plan is custom built. Your results. Made to order by David Kingsbury.

### LEARN

There's nothing wrong with 'hard work' but working hard on the wrong thing can lead to little or no progress. With so much mixed up information out there it is easy to see why we are confused about our goals and what we need to do to reach them.

### UNLOCK

I focus on you as an individual to instantly optimise your training and effectively balance your energy to maximise your results.

### CUSTOM

My job is to break it all down for you, to create you a truly custom plan which focuses on you, your goals, lifestyle, available time and ability.

### RESULTS

Get amazing results in less time and make sure your hard work is fully rewarded with Beyond.

Experience VIP treatment with your training sessions, nutrition plans, motivation and accountability. Plus you can tell your friends you have the same trainer as The Wolverine.

**START YOUR JOURNEY**

