

6 Arm Blasting Exercises!

Tricep push downs:



1. Standing upright with the torso straight bring the upper arms close to your body and perpendicular to the floor. The forearms should be pointing up towards the pulley as they hold the bar. This is your starting position.
2. Using the triceps, bring the bar down until it touches the front of your thighs and the arms are fully extended perpendicular to the floor. The upper arms should always remain stationary next to your torso and only the forearms should move. Exhale as you perform this movement.
3. Perform 2-3 sets of 12-15 reps.

Dumbbell alternating curls:



1. Stand (torso upright) with a dumbbell in each hand held at arms length. The elbows should be close to the torso and the palms of your hand should be facing your thighs.

2. While holding the upper arm stationary, curl the right weight as you rotate the palm of the hands until they are facing forward. At this point continue contracting the biceps as you breathe out until your biceps is fully contracted and the dumbbells are at shoulder level. Hold the contracted position for a second as you squeeze the biceps. **Tip:** Only the forearms should move.
3. Perform 2-3 sets of 12-15 reps.

Bench dips:



1. With the bench perpendicular to your body, and while looking away from it, hold on to the bench on its edge with the hands fully extended, separated at shoulder width. The legs will be extended forward, bent at the waist and perpendicular to your torso. This will be your starting position.
2. Slowly lower your body as you inhale by bending at the elbows until you lower yourself far enough to where there is an angle slightly smaller than 90 degrees between the upper arm and the forearm. **Tip:** Keep the elbows as close as possible throughout the movement. Forearms should always be pointing down.
3. Using your triceps to bring your torso up again, lift yourself back to the starting position.
4. Perform 2-3 sets of 12-15 reps.

Barbell curl:



1. Stand up with your torso upright while holding a barbell at a shoulder-width grip. The palm of your hands should be facing forward and the elbows should be close to the torso. This will be your starting position.
2. While holding the upper arms stationary, curl the weights forward while contracting the biceps as you breathe out. **Tip:** Only the forearms should move.
3. Continue the movement until your biceps are fully contracted and the bar is at shoulder level. Hold the contracted position for a second and squeeze the biceps hard.
4. Slowly begin to bring the bar back to starting position as you breathe in.
5. Perform 2-3 sets of 12-15 reps.

Close-grip barbell chest press:



1. Lie back on a flat bench. Using a close grip (around shoulder width), lift the bar from the rack and hold it straight over you with your arms locked. This will be your starting position.

2. As you breathe in, come down slowly until you feel the bar on your middle chest. **Tip:** Make sure that - as opposed to a regular bench press - you keep the elbows close to the torso at all times in order to maximize triceps involvement.
3. After a second pause, bring the bar back to the starting position as you breathe out and push the bar using your triceps muscles. Lock your arms in the contracted position, hold for a second and then start coming down slowly again. **Tip:** It should take at least twice as long to go down than to come up.
4. Perform 2-3 sets of 12-15 reps.

Standing bicep curl:



1. Stand up with your torso upright while holding a cable curl bar that is attached to a low pulley. Grab the cable bar at shoulder width and keep the elbows close to the torso. The palm of your hands should be facing up (supinated grip). This will be your starting position.
2. While holding the upper arms stationary, curl the weights while contracting the biceps as you breathe out. Only the forearms should move. Continue the movement until your biceps are fully contracted and the bar is at shoulder level. Hold the contracted position for a second as you squeeze the muscle.
3. Slowly begin to bring the curl bar back to starting position as you breathe in.
4. Perform 2-3 sets of 12-15 reps.