

ARMS

WHY TRAIN YOUR ARMS?

Training your arms has many benefits in everyday life. It improves your grip and your ability to lift and carry objects. Your arms are used in the majority of tasks, such as those involving pushing, pulling or lifting. In sport, training helps develop muscular balance and supports elbow and wrist health.

As well as increasing muscle size and strength, weight training is one of the best ways to burn fat and tone muscles. There is a common misconception that weight training only adds bulk. This is wrong. Training can be tailored to suit men and women of all ages and levels of fitness.

WHAT'S YOUR GOAL?

Start with three sets of 8-12 repetitions using a light to moderate weight. This can then be tailored to suit your goal.

Tone and Burn Fat

Perform three sets of 12-20 reps using a light weight (80-70% of 1 rep max), rest for 30-90 seconds between sets.

Increase Muscle Size

Perform three to four sets of 6-12 reps using a moderate weight (70-85% of 1 rep max), rest for 1-2 minutes between sets.

Increase Strength

Perform five sets of 2-6 reps using a heavy weight (85-100% of 1 rep max), rest for 3-5 minutes between sets.

Biceps Curl

Muscles worked:

- Upper front of arms (biceps)
- Lower arms (forearms)
- Elbow, wrist and forearm flexors



Barbell



Dumbbells



Reverse



Active Twist



These exercises can be performed standing up or sitting down with a barbell or a set of dumbbells. Keep your elbows tucked in to your sides. Use a preacher machine or perform the exercise seated at an incline to isolate the work to the biceps.

Pull-ups

Muscles worked:

- Upper front of arms (biceps)
- Sides of back (latissimus dorsi)
- Lower arms (forearms)
- Upper back and neck (rhomboids and trapezius)
- Stomach (abdominals)



Underhand Grip



Places more emphasis on your biceps.

Overhand Grip



Places more emphasis on your back.

Assisted



Supine



Start each pull-up with straight arms. Your chin must clear the bar on every repetition. Do not swing your legs to generate momentum. Although bending your legs at the knees is fine.

Triceps Dips

Muscles worked:

- Upper back of arms (triceps)
- Chest (pectorals)



Bench



Straighten your legs to make the exercise more difficult.

Bench with Feet Raised



Raising your legs makes the exercise more difficult.

Dip Station



Keep your body upright to target your triceps. To place more emphasis on your chest, lean forward slightly.

Keep your elbows back and close to your sides. If you are unable to perform station dips, start with bench dips and build up.

Triceps Extensions

Muscles worked:

- Upper back of arms (triceps)



Lying



Can be performed with barbell or dumbbells.

Overhead (Cable)



Can be performed with a rope or v-bar.

Overhead (Dumbbells)



Triceps Pushdowns



Try to isolate movement around your elbow. Do not use your shoulders or rock to generate momentum.

MAXIMISE YOUR WORKOUT!

Warm Up and Cool Down - Before training, ease your heart rate through 5-10 minutes of light cardio exercise and perform exercises with little or no weight, to prepare your muscles and joints for heavier weight. After training, stretch the major muscle groups to aid recovery and return your muscles to their normal state.

Change your workout - Vary the weight of your weights, the number of reps, the number of sets and the number of exercises. For example, try lifting 10 seconds to lift the weight and 10 seconds to lower or take your rest time between exercises and how your body responds. Do you know that your body can adapt to negative exercise programmes as well?

Hydration affects performance and resistance to injury. It is important to stay hydrated before, during and after your workout by drinking plenty of water.

Legal Disclaimer

When using PosterFit products in conjunction with any form of exercise, it is important to follow relevant technical and/or medical advice and health and safety guidelines. Technical difficulties, fitness requirements and safety are subjective and may differ for each participant. Each individual should seek advice relevant to their specific circumstances.

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