



QUICK-SET PATH TO POWERFUL ARMS

THE BICEPS ARE THE ARMS' BIG ATTENTION-GETTERS, BUT DON'T SKIMP ON DEVELOPING YOUR OTHER ARM MUSCLES. WORKING THE SUPPORTING PLAYERS WILL GIVE YOU A MORE SYMMETRICAL APPEARANCE AND HELP YOU AVOID INJURY DUE TO A MUSCLE IMBALANCE.

Watch guys in the weight room and it's easy to see what body part most of us work hardest: the arms. We want biceps like a longshoreman's, forearms like a blacksmith's.

"From a vanity standpoint, they're the muscles guys concentrate on the most," says John Abdo, a trainer of personal trainers in Santa Barbara, California.

Muscular arms are useful as well as aesthetically pleasing—for moving furniture, for helping your honey wrest that stubborn lid off the salsa jar, and for making some oaf think twice about picking a fight with you.

Powerful arms also help you to better perform some exercises aimed at developing other parts of your body. Seated rows, for example, develop your lats and upper back, but it helps to have strong arms to pull the pulley handle toward you.

Work your arm muscles last during an upper-body workout. Otherwise, they may fail you when you need them to perform heavy-lifting exercises for your chest and back muscles.

Here are some facts about each of the arms' muscle groups—stuff that's good to know as you watch them grow.

UPPER ARMS

The gaudiest arm muscles are the biceps. If somebody asked you to make a muscle, it's the biceps muscles, of course, that you would flex. Think of them as Karl Malone and your other arm muscles as the subtler but equally important John Stockton. Very different, but a team.

The biceps actually is two muscles. In fact, its name means “two heads.” The *biceps brachii* provides the “head” of the muscle, while the larger *brachialis* supports it underneath. Both are part of the elbow flexor muscle group that helps you bend your arm and bring your hand to your shoulder.

If you are just starting with a weight training program, it's better to begin with too little rather than too much weight. Too much weight leads to poor technique and greater risk of pulling a muscle.

Beginning weight lifters sometimes focus too much attention and effort on their biceps and try to force growth too quickly. Better to start out a little light and go up in weight later. It's easier and safer.

Bodacious biceps are great, but don't work them at the exclusion of your triceps. The triceps muscles run along the back sides of your upper arms and have three “heads.”

On each arm, the triceps is the biceps' counterpart. It's part of the elbow extensor group that enables you to straighten out your arm and extend your hand away from your body. When you flex your biceps, the triceps relaxes. If you contract your triceps, your biceps goes limp.

Ignoring your triceps while you pump up the biceps increases your chance of injury, especially if you play sports. It's a common mistake men make.

By developing your biceps and triceps muscles in a balanced way, you'll maintain healthy shoulder and elbow joints.

“The triceps is a very impressive muscle,” Abdo says. “It adds balance and symmetry not just to the arms but to how they tie into the shoulder.” Unlike the biceps, a well-developed triceps muscle doesn't have to be flexed to stand out, Abdo adds. “A lot of times you can show a good definition just from a standing position, without having to bend the elbow at all.”



HARD-BODY FACT

The record for the most pushups in 24 hours is 46,001, according to the *Guinness Book of Records*. The record number done in 1 year: more than 1.5 million. The most one-armed pushups: 8,794 in 5 hours.

LOWER ARMS

Unless you worship Popeye, chances are that you spend no more time considering your forearms than you do pondering what the salty sailor saw in Olive Oyl. Yet your forearms consist of three main muscle groups—brachioradialis, flexors, and extensors—that permit you to bend your wrists and squeeze and extend your fingers.

This in turn lets you have a firm handshake, make a fist, and grip a golf club or a bat.

Strong forearms also help you lift weights that work other muscles. “To some extent, grip strength has to be there in order to go up in weight,” says Joe Ogilvie, a fitness instructor at Canyon Ranch in Lenox, Massachusetts, and Chelsea Piers Sports Center in New York City. “If your forearms fatigue too early, you’re not going to be able to strengthen your biceps.”

For some men, forearms develop easily. That’s

because almost every upper-body exercise requires a gripping action, so forearms and wrists benefit almost by accident. But these are isometric contractions. Abdo says:

It’s best to include specific forearm and wrist exercises that include movement. Doing so will not only improve the appearance of your forearms but also help prevent elbow injuries such as “tennis elbow” that actually are forearm injuries.

Unless you participate in arm wrestling, rock climbing, golf, or another sport requiring a powerful grip, save forearm exercises for last, Ogilvie and Abdo advise. Since the forearm has small muscle groups, it fatigues easily.

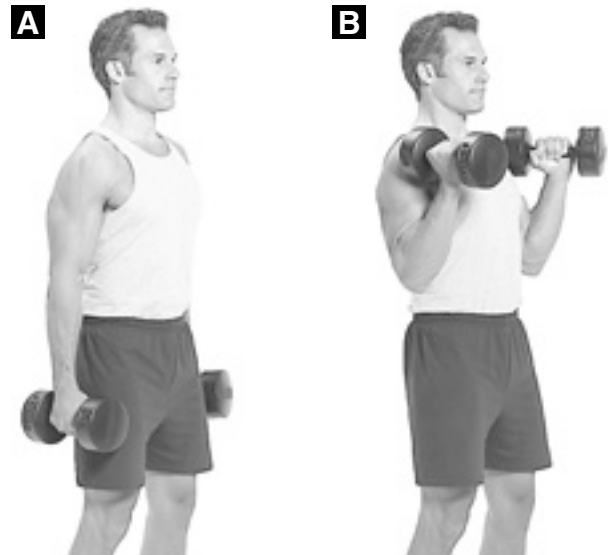
BICEPS ► FREE WEIGHTS

HAMMER CURL

This exercise also works other elbow flexor muscles on the front of your arms.

[A] Stand straight with your feet shoulder-width apart and your knees slightly bent. Hold a dumbbell in each hand, with your arms fully extended at your sides and your palms facing in.

[B] Slowly curl the dumbbells until the ends touch your shoulders. Don't rotate your wrists while curling; do keep your upper arms and elbows stationary. Hold for a second, then lower the dumbbells slowly with a controlled motion to the starting position.



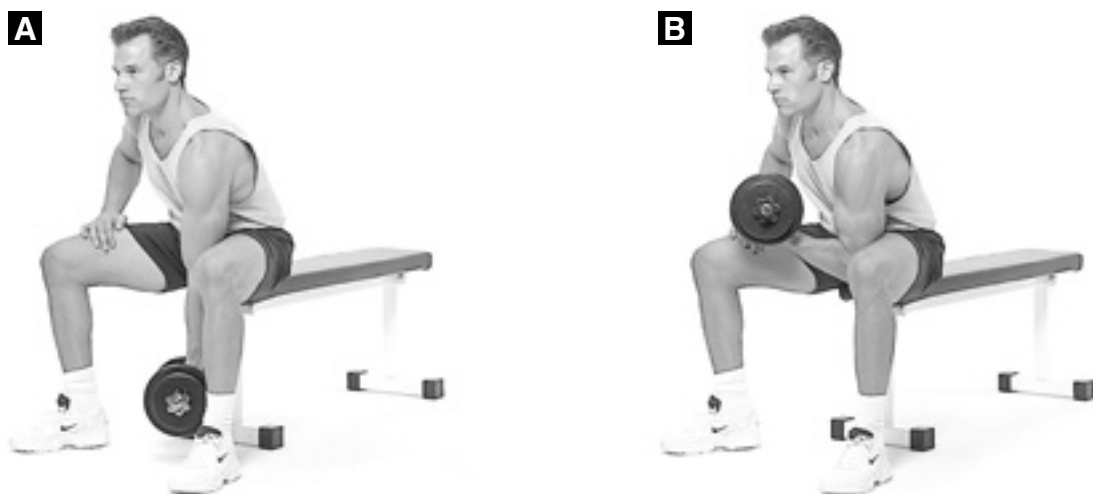
CONCENTRATION CURL

This exercise also works other elbow flexors.

[A] Sit in a chair or at the end of a weight bench with your feet a little more than shoulder-width apart. Hold a dumbbell in your left hand, your palm facing up and your arm fully extended. Rest your left elbow on your left inner thigh. With your right hand on your right thigh, bend forward slightly, keeping your back straight.

[B] Slowly curl the dumbbell up toward your shoulder, keeping your upper arm perpendicular to the floor. Hold for a second, then lower the dumbbell slowly with a controlled motion to the starting position.

Finish the set, then switch arms.



BARBELL CURL

This move strengthens other elbow flexors too.

[A] Stand straight with your knees slightly bent. Hold a barbell underhand (palms up), with your hands about shoulder-width apart. Your arms should be extended, and the barbell should be at your thighs.

[B] Keeping your elbows close to your body, use your biceps to curl the bar slowly up toward your chin. Keep your wrists straight throughout the curl, and don't sway your back or rock your body for momentum. Hold for a second, then lower the barbell slowly with a controlled motion to the starting position.



REVERSE-GRIP BARBELL CURL

Another great exercise for the elbow flexor muscle group on the front of your arms.

[A] Stand with your feet shoulder-width apart and your knees slightly bent. Hold a barbell in an overhand grip, with your hands spaced shoulder-width apart. Your arms should be fully extended, with the bar resting against your upper thighs. Keep your elbows close to your sides.

[B] Slowly curl the bar toward your chin. Hold for a second at the top of the lift, then lower the bar slowly with a controlled motion to the starting position.



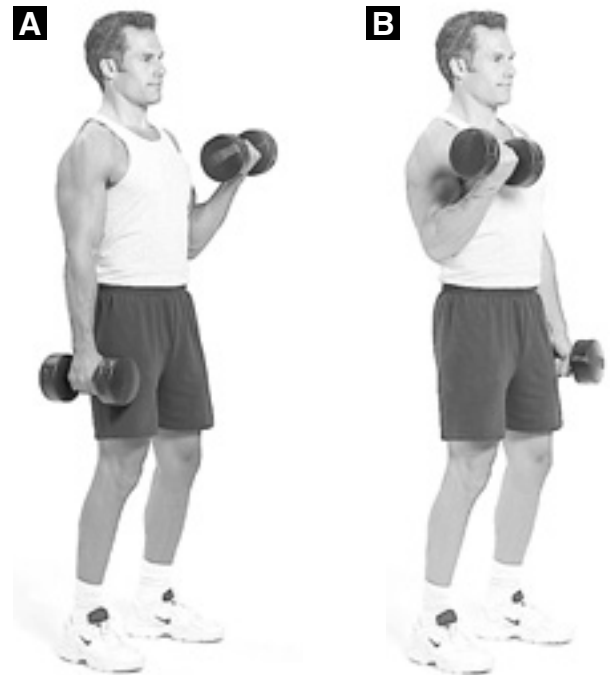
ALTERNATING DUMBBELL CURL

This is another exercise that works your elbow flexors.

Stand straight with your feet shoulder-width apart and your knees slightly bent. Hold a dumbbell in each hand with your arms down at your sides and your palms facing in.

[A] Slowly curl the left dumbbell up toward your collarbone. As you do the curl, rotate your arm so that your palm faces up. Hold for a second at the top of the lift, then lower the weight slowly with a controlled motion to the starting position.

[B] Repeat with your right arm.



INCLINE DUMBBELL CURL

This gives your biceps a good workout.

[A] Holding a dumbbell in each hand, sit on an incline bench, keeping your head and upper body in full contact with the bench. Your feet should be flat on the floor. Let your arms hang down, fully extended and perpendicular to the floor, with your palms facing your body.



[B] Slowly curl the dumbbells up to your shoulders, keeping your upper arms stationary and your elbows pointed down. Your palms should turn up during the lift until they face your shoulders. Hold for a second, then slowly lower your arms with a controlled motion to the starting position.



PREACHER CURL

This move works your elbow flexors, on the front of your arms.

[A] Sit on a bench with your arms hanging over a platform. Your elbows should be low on the platform, with your armpits almost touching the pad. Hold a curling bar with your palms facing up



and your hands spaced closer together than shoulder width.

[B] Slowly curl the bar toward your chin, keeping your upper arms in contact with the pad. Hold for a second, then lower slowly with a controlled motion to the starting position.



TRICEPS ► FREE WEIGHTS

SEATED OVERHEAD TRICEPS EXTENSION

This exercise works the elbow extensor muscles on the back of your arms. If your weight plates are removable, make sure the collars are tight.

[A] Sit on a bench with your feet firmly on the ground. Hold a dumbbell overhead, palms up. Keep your upper torso erect, facing forward, with a slight, natural forward lean in your lower back.

[B] Keeping your upper body in place and your upper arms close to your head, slowly lower the dumbbell behind you in a semicircular motion until your forearms are as close to your biceps as possible. You may lean slightly forward to help offset the weight, but don't sway or arch your back. Your elbows should face forward. Hold for a second, then raise the weight to the starting position.



DUMBBELL KICKBACK

This exercise works your elbow extensors.

[A] Holding a dumbbell in your left hand, support yourself on an exercise bench with your right knee and your right hand. Keep your left foot on the ground, with your back straight and parallel to the floor. Your left arm should be bent 90 degrees.



[B] Slowly straighten your left arm and extend the weight behind your body, keeping your upper arm parallel to the floor. You should feel your left arm's triceps muscle fully contract. Then slowly bend your left arm again, bringing the weight back to the starting position.

Finish the set, then switch arms.



LYING CROSS-SHOULDER TRICEPS EXTENSION

This exercise works your elbow extensors. Note: Overhead lifts can be dangerous. If your weight plates are removable, make sure the collars are tight. Beginners should use light weights and a spotter. Definitely use a spotter with heavier weights.

[A] Lie on a bench with your head near one end, keeping your knees bent and your feet flat on the floor. Hold a dumbbell in your right hand, with your right arm extended straight up from your body and your palm facing your feet.

[B] Keeping your upper arm and your elbow stationary, slowly lower the dumbbell across your upper chest until the end touches your left shoulder. Then slowly extend your arm back to the starting position.

Finish the set, then switch arms.



FRENCH CURL

This move works your elbow extensors. Caution: To avoid facial injury, beginners should use light weights. A spotter is always a good idea.

[A] Lie on your back on a weight bench with your knees bent and your feet resting on the bench. Hold a curling bar over your chest, with your palms facing up and away from you and



your arms fully extended. Grip the bar with your hands spaced 4 to 6 inches apart.

[B] Keeping your upper arms stationary, slowly bend your elbows, lowering the weight toward the top of your head. Then slowly return the bar to the starting position.



LYING TRICEPS EXTENSION

This move works the elbow extensors. Note: Use less weight than you would for a French curl, and make sure the weight collars are tight.

[A] Lie on your back on a bench with your head slightly over the end of the bench and your feet flat on the floor. Hold a dumbbell with both your thumbs around the bar and the weight resting on



your palms. Extend your arms at about a 180-degree angle but not locked, the weight over the top of your head. Keep the bar vertical.

[B] Keeping your upper arms stationary, slowly bend your elbows, lowering the weight until it is behind your head. Hold for a second, then slowly return to the starting position.



PARALLEL DIP WITH WEIGHT PLATE

This exercise strengthens the elbow extensor muscles on the back of your arms. Note: If you have wrist problems, don't do this exercise.

Place two exercise benches or two heavy chairs side by side, 3 to 4 feet apart.

[A] Sit on one bench and place a weight plate in your lap. Hold on to the edge of the bench with your arms shoulder-width apart and plant your

heels firmly on the facing bench, about 6 inches in from the edge, suspending your butt slightly in front of your hands.

[B] Slowly bend your arms and lower your body toward the floor. Go as low as you can without touching the floor. Then slowly extend your arms, raising yourself back to the starting position.



FOREARMS ► FREE WEIGHTS

FOREARM CURL

This exercise works the wrist flexor muscles on the front of your forearms. It also can be done with both hands and a barbell.

[A] Sit at the end of a bench with your legs slightly farther than hip-width apart. Hold a dumbbell in your left hand, palm up, and rest your right hand on your right thigh. Your left wrist should be slightly over your left knee so that you can bend your wrist through its full range of motion. The top of your left forearm should rest against your thigh. Your upper body should be upright, but you may lean slightly into your left leg for comfort.

[B] Slowly curl the dumbbell in a semicircular motion up toward your body as far as you can

without letting your arm rise up off your thigh. At the top of the curl, hold for a second, then lower to the starting position.

Finish the set, then switch hands.



REVERSE FOREARM CURL

This exercise works your wrist extensors, on the back of your forearms. Note: Use a lighter weight for this than you would for a normal forearm curl.

[A] Sit at the end of a bench with your legs slightly farther than hip-width apart. Hold a dumbbell in your left hand, palm down, and rest your right hand on your right thigh. Your left wrist should be slightly over your left knee so that you can bend your wrist through its full range of motion. The meaty bottom part of your

left forearm should rest against your thigh, and your upper body should be fairly upright, but you may lean slightly into your left leg for comfort.

[B] Slowly curl the dumbbell in a semicircular motion up toward your body as far as you can without letting your arm rise up off your thigh. At the top of the curl, hold for a second, then lower to the starting position.

Finish the set, then switch hands.

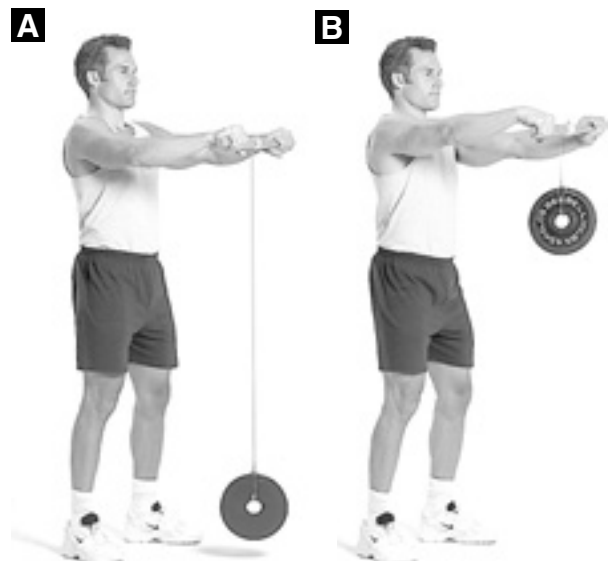


WRIST ROLLER

This move builds strength in your wrist flexors and extensors.

[A] Stand upright with your feet about shoulder-width apart. Hold the wrist roller in both hands (palms down) with your arms extended in front of you. The weight should be dangling in front of you.

[B] Slowly roll the weight up with your wrists, using long, exaggerated up-and-down movements with your wrists to work their full range of motion. Keep the rest of your body stationary; don't sway your body or drop your arms. When the weight reaches the top, slowly lower it using the same motion.



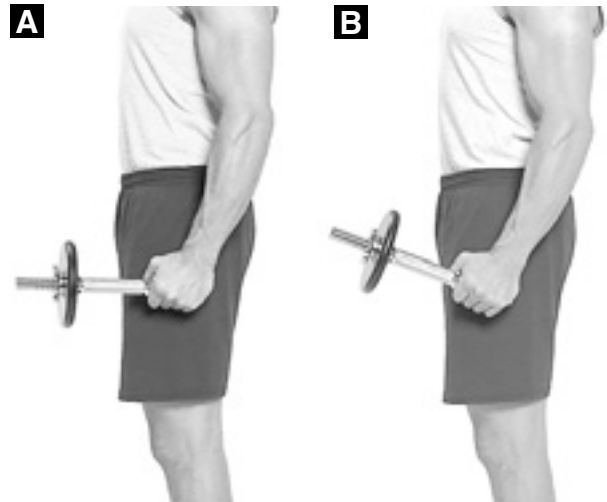
WRIST RAISE

This lift is also known as radial deviation; it works the muscles and tendons around your forearm's radius bone.

[A] Stand with your left arm at your side, grasping a hammer or a dumbbell with a weight on one end only. The weighted end should be in front of your hand.

[B] Slowly raise and lower the weight through a comfortable range of motion. Don't move your elbow or shoulder—all movement should occur at the wrist.

Finish the set, then switch arms.



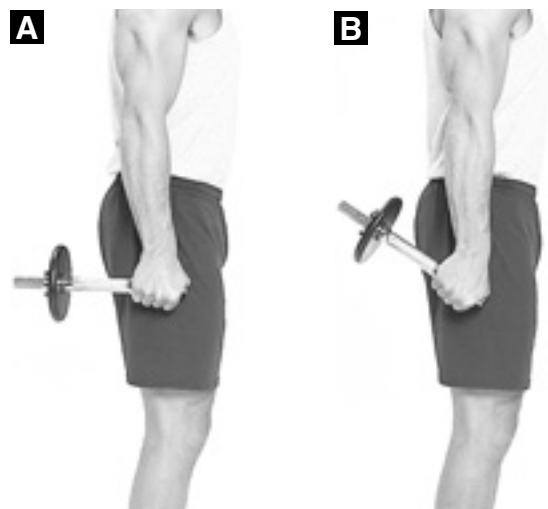
REVERSE WRIST RAISE

Also known as ulnar deviation, this exercise works the muscles and tendons around the ulna, the forearm bone next to the radius.

[A] Stand with your right arm at your side, holding the same weight you used for the wrist raise—but now the weighted end should be behind your hand.

[B] Slowly raise and lower the weight, using only your wrist. Again, don't move your elbow or shoulder.

Finish the set, then switch arms.



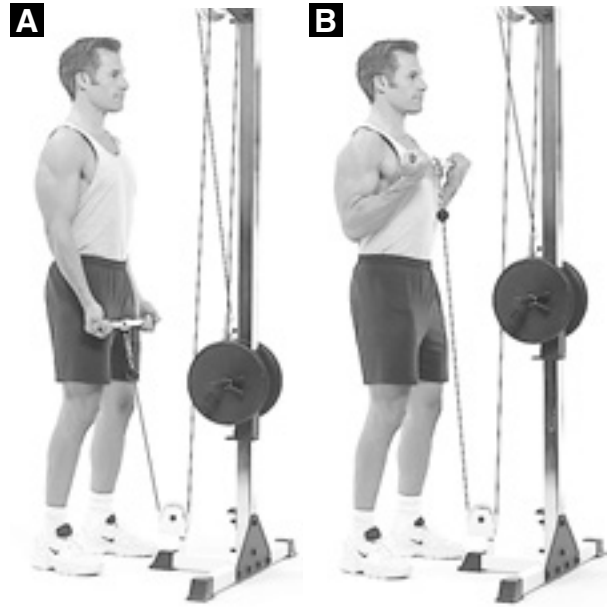
BICEPS ► MACHINES

CABLE CURL

This exercise also works other elbow flexor muscles on the front of your arms.

[A] Stand facing a low pulley with a bar handle on the cable. Place your feet shoulder-width apart about 1½ feet from the pulley post. Keep your knees bent and your back straight. Hold the bar underhand with both hands, your arms fully extended. Your shoulders should lean back slightly.

[B] Keeping your upper arms tight against your body and perpendicular to the ground, slowly curl the bar toward your chest. Pause for a second at the top, then slowly lower the bar to the starting position.

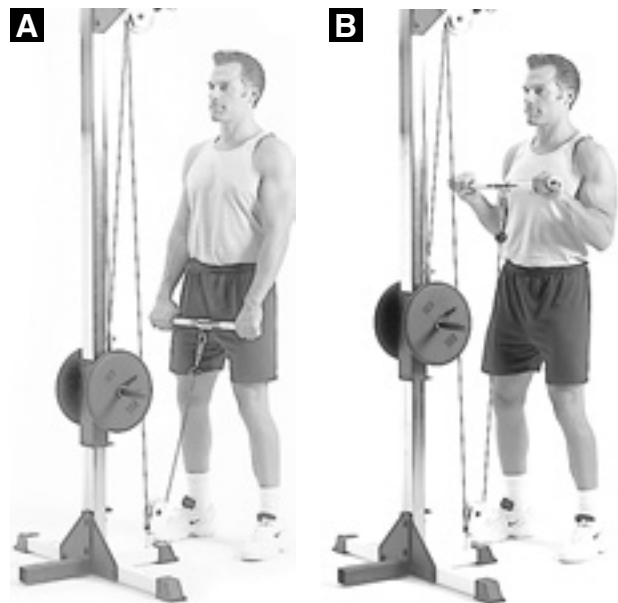


REVERSE-GRIP CABLE CURL

This exercise works other elbow flexors too.

[A] Stand facing a low pulley with a bar handle on the cable. Place your feet shoulder-width apart about 1½ feet from the pulley post. Keep your knees bent and your back straight. Hold the bar overhand with your hands about shoulder-width apart, your arms fully extended, and the bar resting against your upper thighs. Keep your elbows close to your sides.

[B] Slowly curl the bar toward your collarbone. Pause for a second at the top, then slowly lower the bar to the starting position.



LYING CABLE CURL

This move also works other elbow flexors.

Position a weight bench so that one end is close to a multistation weight machine with a D-handle overhead pulley cable.

[A] Lie on your back on the bench, with your knees bent. Place your right hand under the small of your back for support, and hold the bar under-



hand with your left hand, your left arm fully extended. This is the starting position.

[B] Slowly curl the handle toward your shoulder. Pause for a second at the top of the movement, then slowly return to the starting position.

Finish the set, then switch arms.



CONCENTRATION CABLE CURL

This exercise strengthens your elbow flexors.

Position a weight bench so that one end is close to a multistation weight machine with a D-handle low pulley cable.

[A] Sit on the bench with your feet a little more than shoulder-width apart. Hold the handle in your left hand, your palm facing up and your arm fully extended. Rest your left elbow on your left



inner thigh. With your right hand on your right thigh, bend forward slightly, keeping your back straight.

[B] Slowly curl the handle up toward your shoulder, keeping your upper arm perpendicular to the floor. Hold for a second, then slowly lower the handle to the starting position.

Finish the set, then switch arms.



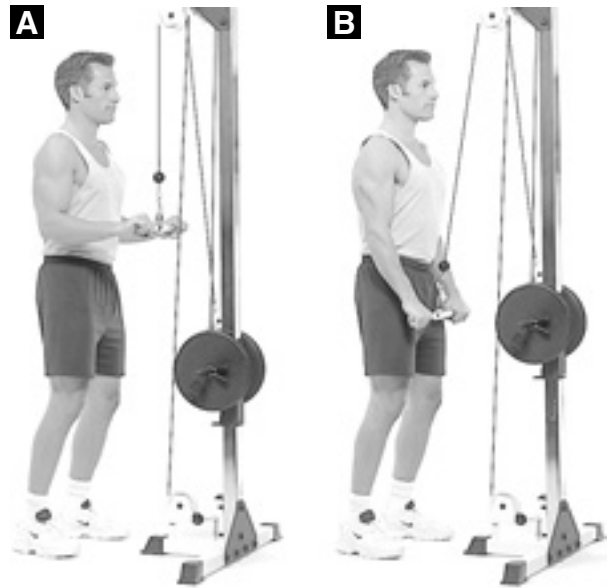
TRICEPS ► MACHINES

CABLE PUSHDOWN

This exercise also works other elbow extensor muscles on the back of your arms.

[A] Stand facing an overhead pulley with a bar handle on the cable, your legs shoulder-width apart and knees slightly bent. Hold the bar with both hands in a narrow, palms-down grip. Your forearms should be perpendicular to the floor. Keep your elbows and upper arms close to your body.

[B] Slowly and smoothly straighten your arms, pressing the bar down as far as you can without locking your elbows. Keep your wrists locked and straight. Hold for a second at the fully straightened position, then slowly allow the bar to rise to the starting position.



CABLE PULLDOWN

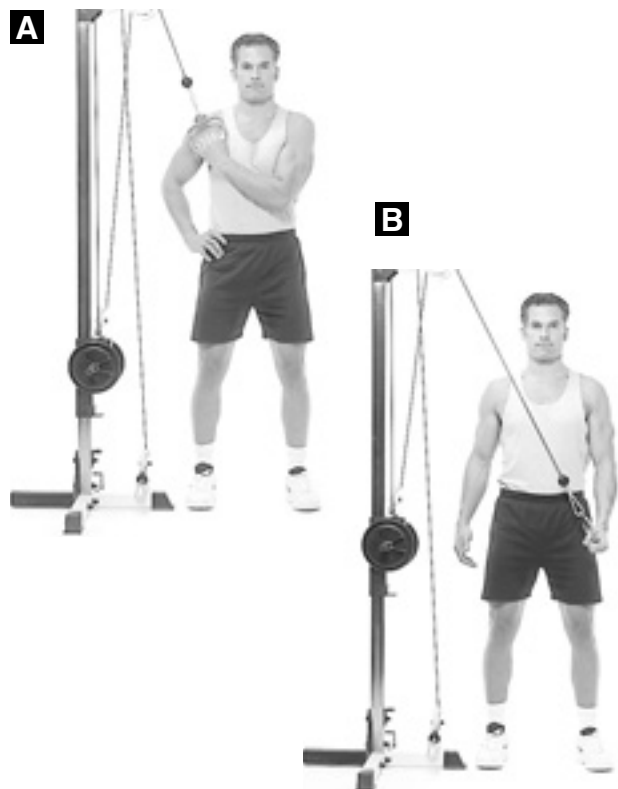
This move works other elbow extensors too.

[A] Stand sideways in front of an overhead pulley with a D handle on the cable. Your right shoulder should be closest to the equipment, your legs shoulder-width apart, and your knees slightly bent. Grip the handle with your left hand, your palm facing your body. Keep your upper arm vertical with your elbow bent at about 90 degrees.

Take a step back so that the cable can move in a straight path across the front of your body, and bend forward slightly at the hips. Keep your back straight.

[B] Very slowly pull the handle down across your body until your arm is fully extended. Hold for a second, then slowly return to the starting position.

Finish the set, then turn around and switch arms.



CABLE PUSH

This exercise also works other elbow extensors.

Position a weight bench close to a multistation weight machine, perpendicular to the front of the machine. While standing, grab the rope handle on the overhead pulley cable with both hands.

[A] Holding the handle, kneel at the bench and bend your elbows 90 degrees so that your fore-

arms are perpendicular to the floor. This is the starting position.

[B] Slowly push the handle downward until your forearms are fully extended. Hold for a second, then slowly return to the starting position.



FRENCH CABLE CURL

This exercise works other elbow extensors too.

Position a weight bench so that one end is about a foot from a multistation weight machine with a bar-handle low pulley cable. While standing, grab the bar.

[A] Lie on your back on the bench with your head pointed toward the machine, your knees bent, and your feet resting on the bench. Grip the

bar with your palms facing up and away from you, your hands about 4 to 6 inches apart. Your elbows should be bent 90 degrees, with the bar just over the top of your head and your upper arms perpendicular to the floor.

[B] Slowly unbend your elbows until your arms extend directly out from your shoulders. Hold for a second, then slowly return to the starting position.



LYING CROSS-SHOULDER TRICEPS CABLE EXTENSION

This exercise works your elbow extensors.

Position one end of a weight bench near a D-handle low pulley cable. (For your right-arm sets, the bench should be slightly to the left of the machine.) While standing, grab the D handle overhand with your right hand.

[A] Lie on your back on the bench with your head pointed toward the machine, your knees bent, and your feet flat on the floor. Keeping your

upper arm perpendicular to the floor, bend your elbow until one end of the handle touches your left shoulder.

[B] Keeping your upper arm and elbow stationary, slowly extend your arm until it points straight up from your body, your palm pointing toward your feet. Pause, then slowly lower.

Finish the set, then switch arms.



FOREARMS ► MACHINES

FOREARM CABLE CURL

This lift works your wrist flexors, muscles on the front of your forearms.

Position a weight bench so that one end is about a foot from a bar-handle low pulley cable.

[A] Sit at the end of the bench with your legs slightly wider than shoulder-width apart. Hold the bar palms-up with your hands about shoulder-width apart. Your wrists should be slightly over your knees so you can bend them through their full range of motion, and the tops of your forearms should rest on your thighs. Your upper body should be upright, but you may lean slightly into your legs for comfort.

[B] Curl the bar in a semicircular motion up toward your body as far as you can without letting your forearms rise up off your thighs. At the top of the curl, hold for a second, then lower.



REVERSE FOREARM CABLE CURL

This exercise works your wrist extensors, muscles on the back of your forearms. Use less weight for this than you would for a normal forearm curl.

Position a weight bench so that one end is about a foot from a multistation weight machine with a bar-handle low pulley cable.

[A] Sit at the end of the bench with your legs slightly wider than shoulder-width apart. Hold the bar palms-down with your hands about shoulder-width apart. Your wrists should be slightly over

your knees so you can bend them through their full range of motion, and the meaty bottom parts of your forearms should rest against your thighs. Your upper body should be fairly upright, but you may lean slightly into your legs for comfort.

[B] Curl the bar in a semicircular motion up toward your body as far as you can without letting your forearms rise up off your thighs. At the top of the curl, hold for a second, then lower to the starting position.



BICEPS ► NO WEIGHTS

BICEPS CURL WITH TUBING

This exercise works the elbow flexor, muscles on the front of your arms.

[A] Spread your feet shoulder-width apart and hook exercise tubing under each foot, grasping the handles with your arms fully extended.

[B] With your arms at your sides and your palms facing your body, slowly curl your right arm up, keeping your right elbow against your side. As your right hand passes your thigh, turn your wrist so that your palm faces up. Continue the curl until your hand reaches shoulder height. Slowly lower your arm to the starting position.

Finish the set, then switch arms.



INCLINE CURL WITH TUBING

This exercise strengthens your elbow flexors.

Run a length of exercise tubing underneath the long bar that connects the feet of an incline bench.

[A] Sit on the bench and grasp the tubing's handles. (If necessary, run the tubing under the bottom of the seat, and take up any slack by wrapping the tubing around your hands.) Keep your head and upper body in full contact with the

bench and your feet flat on the floor. Let your arms hang down, fully extended and perpendicular to the floor, with your palms facing your body.

[B] Slowly curl the tubing up to your shoulders, keeping your upper arms stationary and your elbows pointed down. Your palms should turn up during the curl until they face your shoulders. Hold for a second at the top, then slowly lower your arms to the starting position.



TRICEPS ► NO WEIGHTS

DESK DIP

This move strengthens your elbow extensors, on the back of your arms.

[A] Stand with your back to a sturdy desk and brace your palms on the edge, just outside the width of your hips. Keep your body rigid and slide your feet forward until your butt just clears

the edge of the desk. Support your weight on your heels. This is the starting position.

[B] Slowly bend your elbows and lower your butt toward the floor, until your elbows are bent at a 90-degree angle. Push yourself back up to the starting position.



TRICEPS PRESS WITH TUBING

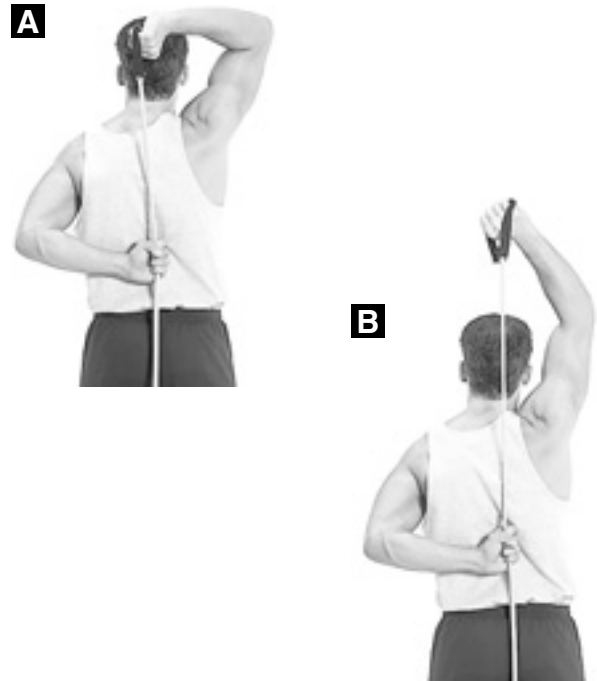
This exercise builds your elbow extensors.

Grasp one handle of exercise tubing with your right hand. Put that hand behind your neck and let the tubing fall down the center of your back, along your spine.

[A] Reach behind with your left hand and grasp the tubing at a spot that feels comfortable, probably near the small of your back. Hold the tubing tightly there so that it can't slip.

[B] Slowly raise your right hand above your head, keeping your elbow close to your head. Don't lock your elbow in the open position, but when it's almost fully extended, stop and slowly return to the starting position.

Finish the set, then switch arms.



FRENCH CURL WITH TUBING

This move builds your elbow extensors.

Run a length of exercise tubing underneath the long bar that connects the feet of a weight bench.

[A] Lie on the bench with your feet touching the floor, and grasp the tubing's handles over your head, with your elbows bent and your palms facing away from you. (If necessary, run the tubing under

the bottom of the bench itself, and take up any slack by wrapping the tubing around your hands.) Your hands should be about 4 to 6 inches apart.

[B] Keeping your upper arms stationary, slowly uncurl your arms over your chest until they are fully extended. Hold for a second, then slowly return to the starting position.



FOREARMS ► NO WEIGHTS

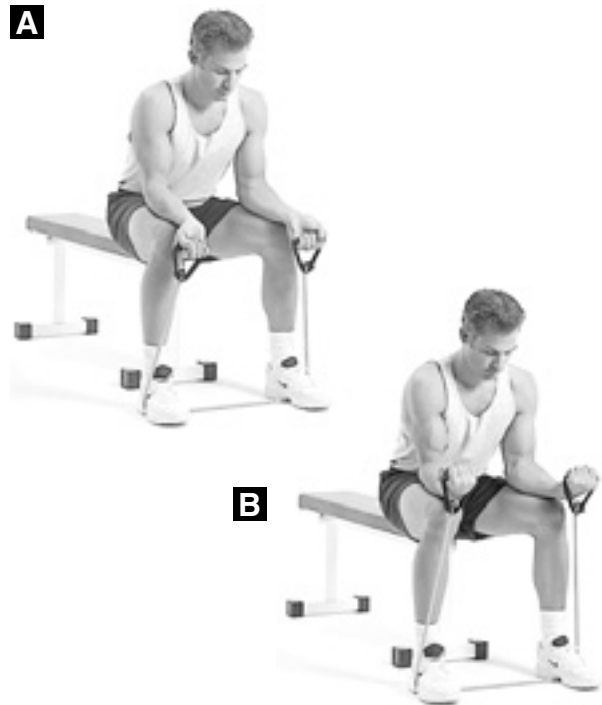
FOREARM CURL WITH TUBING

This move builds your wrist flexors, on the front of your forearms.

Sit at the end of a bench with your legs slightly farther than hip-width apart. Secure a length of exercise tubing under both feet.

[A] Hold the handles with your hands palms-up and your wrists slightly over your knees so you can bend your wrists through their full range of motion. The tops of your forearms should rest against your thighs, and your upper body should be fairly upright, but you may lean slightly into your legs for comfort.

[B] Slowly curl the tubing handles in a semicircular motion up toward your body as far as you can without letting your arms rise up off your thighs. At the top of the curl, hold for a second, then lower the handles to the starting position.



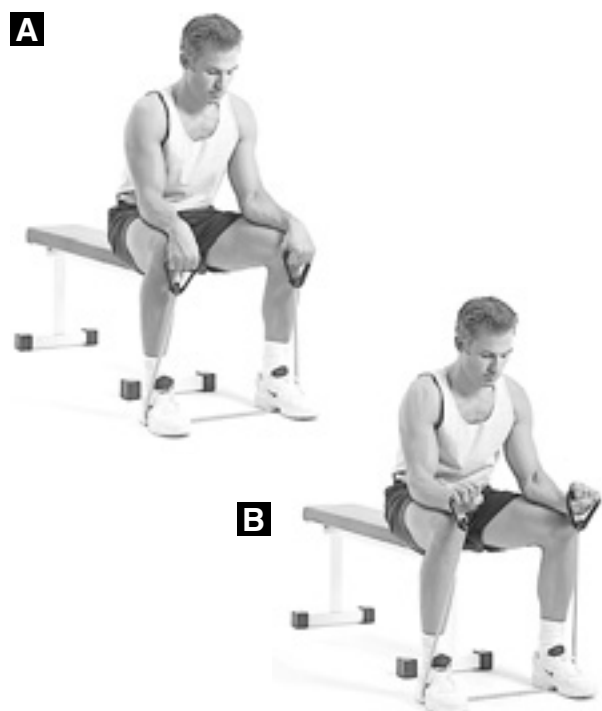
REVERSE FOREARM CURL WITH TUBING

This exercise builds your wrist extensors.

Sit at the end of a bench with your legs slightly farther than hip-width apart. Secure a length of exercise tubing under both feet.

[A] Hold the handles with your hands palms-down and your wrists slightly over your knees so you can bend your wrists through their full range of motion. The meaty bottom parts of your forearms should rest against your thighs, and your upper body should be fairly upright, but you may lean slightly into your legs for comfort.

[B] Slowly curl the tubing handles in a semicircular motion up toward your body as far as you can without letting your arms rise up off your thighs. At the top of the curl, pause, then lower.



WRIST ROLLER WITH TUBING

This exercise works both the wrist flexors and wrist extensors.

Attach one end of a length of exercise tubing to the middle of a wrist roller bar, and secure the other end of the tubing under one foot. Stand upright, your feet about shoulder-width apart, and extend your arms in front of you, holding the wrist roller with both hands palms-down.

Slowly roll the bar in one direction using long, exaggerated up-and-down movements to work your wrists' full range of motion. Keep the rest of your body stationary; don't sway your body or drop your arms. When you can't roll the tubing any tighter, reverse the direction of the winding movement.





POWERFUL ARMS

BEGINNER WORKOUT

We recommend that you train with the balanced, full-body plan on page 48. If you need to concentrate specifically on arm work, though, this program will produce quick gains. Choose one exercise routine to follow: free weights, machines, or no weights.

INSTRUCTIONS

1. Do the complete exercise routine 2 or 3 days a week. Wait at least 48 hours between sessions. This allows enough recovery time for optimum development.

2. As a warm up, do some aerobics and stretching and perform one set of 6 to 10 repetitions with a light to moderate load. This minimizes the chances of a muscle strain or pull during the subsequent training period.

3. After you have completed the warmup, find a starting load that is difficult to lift 6 times. This may take some experimenting on your first day.

After you have identified that load, that's the amount of weight that you will use until it becomes too easy.

Complete one set of 6 repetitions for each exercise listed in the routine you've chosen. Perform the positive phase (also known as the concentric or lifting phase) of each exercise as quickly as possible while maintaining proper form. Perform the negative (or eccentric or lowering) phase much more slowly, to a count of four.

4. After a few sessions, 6 reps will seem easier. Add repetitions, following proper form, up to 10 reps.

5. When you are able to perform 10 repetitions, make a note to add weight the next session.

6. With the added weight, drop back to 6 repetitions. Then repeat steps 3 to 5 above until you have completed 12 weeks of the program. Then, if you still need to focus on arm workouts, you may move on to the intermediate level. Remember, we recommend that you do the balanced, full-body workouts rather than working on individual muscle groups.



1. HAMMER CURL (PAGE 68)
2. LYING TRICEPS EXTENSION (PAGE 73)
3. FOREARM CURL (PAGE 74)
4. REVERSE FOREARM CURL (PAGE 75)



1. CABLE CURL (PAGE 77)
2. CABLE PUSHDOWN (PAGE 79)
3. FOREARM CABLE CURL (PAGE 81)
4. REVERSE FOREARM CABLE CURL (PAGE 82)



1. BICEPS CURL WITH TUBING (PAGE 82)
2. DESK DIP (PAGE 83)
3. FOREARM CURL WITH TUBING (PAGE 85)
4. REVERSE FOREARM CURL WITH TUBING (PAGE 85)



POWERFUL ARMS

INTERMEDIATE WORKOUT

We recommend that you train with the balanced, full-body plan on page 52. But if you need to concentrate specifically on arm work, this program will produce quick gains. Choose one exercise routine to follow: free weights, machines, or no weights.

INSTRUCTIONS

1. Train 3 days a week. To allow sufficient recovery, wait at least 48 hours between sessions.

2. Always warm up with some aerobics and stretching, plus one set of 6 to 10 repetitions using a light to moderate load. This minimizes the chances of a muscle strain or pull during the subsequent training period.

3. Your standard intermediate workout is three sets of 6 to 10 repetitions for each exercise listed in the routine you've chosen. The warmup set is your first set. The starting load for the second and third sets should be one that is difficult to lift 6 times. As your strength increases, increase the repetitions per set until you can do 10 repetitions while maintaining proper form. Then, for your next session, increase the load and drop back to 6 repetitions.

Perform the positive phase (also known as the

concentric or lifting phase) of each exercise as quickly as possible while maintaining proper form. Perform the negative (or eccentric or lowering) phase much more slowly, to a count of four.

4. Vary your routines. Instead of some of the separate exercises, do combo lifts, or supersets, two exercises in succession (one rep of each) without a rest. You can do many of the exercises this way. Combo lifts increase the intensity of a workout, create some variety, and can shorten your workout sessions.

Another variation is to use a lighter load than usual and do 15 to 20 repetitions, and/or to increase the load on successive sets and reduce the number of repetitions (this last variation is called pyramids). So, for example, in set 1, you might do 10 repetitions with 200 pounds; in set 2, you might do 7 repetitions with 250 pounds; and in set 3, you might do 4 repetitions with 300 pounds.

5. As you gain training experience, you might try doing 1 or 2 partial repetitions at the end of each set, when you can no longer complete a full repetition. This is called going to muscle failure, and it may enhance muscle development. *Note:* If you try this, you will need a partner to spot you, especially with free weights.



1. CONCENTRATION CURL (PAGE 68)
2. SEATED OVERHEAD TRICEPS EXTENSION (PAGE 71)
3. PREACHER CURL (PAGE 71)
4. LYING CROSS-SHOULDER TRICEPS EXTENSION (PAGE 72)
5. REVERSE-GRIP BARBELL CURL (PAGE 69)
6. FOREARM CURL (PAGE 74)
7. REVERSE FOREARM CURL (PAGE 75)



1. CONCENTRATION CABLE CURL (PAGE 78)
2. CABLE PUSHDOWN (PAGE 79)
3. CABLE CURL (PAGE 77)
4. CABLE PULLDOWN (PAGE 79)
5. REVERSE-GRIP CABLE CURL (PAGE 77)
6. FOREARM CABLE CURL (PAGE 81)
7. REVERSE FOREARM CABLE CURL (PAGE 82)



1. BICEPS CURL WITH TUBING (PAGE 82)
2. DESK DIP (PAGE 83)
3. INCLINE CURL WITH TUBING (PAGE 83)
4. FRENCH CURL WITH TUBING (PAGE 84)
5. TRICEPS PRESS WITH TUBING (PAGE 84)
6. FOREARM CURL WITH TUBING (PAGE 85)
7. REVERSE FOREARM CURL WITH TUBING (PAGE 85)



POWERFUL ARMS

ADVANCED WORKOUT

We recommend that you train with the balanced, full-body plan on page 56. If you need to concentrate specifically on arm work, however, this program will produce quick gains. Choose one exercise routine to follow: free weights, machines, or no weights.

INSTRUCTIONS

1. Train 3 days a week. Allow sufficient recovery by waiting at least 48 hours between sessions.

2. Your standard advanced workout is three sets of 6 to 10 repetitions for each exercise in the routine you've chosen. The first set, after your aerobics and stretching, is a warmup with a lighter-than-normal weight. The starting load for the second and third sets should be one that is difficult to lift 6 times. As your strength increases, increase the number of repetitions per set until you can do 10 repetitions. Then, for your next

session, increase the load and drop back to 6 repetitions.

Perform the positive phase (also known as the concentric or lifting phase) of each exercise as quickly as possible while maintaining proper form. Perform the negative (or eccentric or lowering) phase of the exercise much more slowly, to a count of four.

3. Vary your workouts as at the intermediate level, and try replacing some of the exercises with tri-sets and giant sets. Tri-sets are like combo lifts except that you add another exercise so that you're doing three in succession without rest. With giant sets, you do four exercises in succession without resting between them.

4. Do 1 or 2 partial repetitions at the end of each set when you reach the point where you can no longer complete a full repetition. This is called going to muscle failure, and it may enhance muscle development. *Note:* At the advanced level, you always need the assistance of a partner for safety when doing partial reps with free weights.



1. FRENCH CURL (PAGE 73)
2. PREACHER CURL (PAGE 71)
3. LYING TRICEPS EXTENSION (PAGE 73)
4. INCLINE DUMBBELL CURL (PAGE 70)
5. SEATED OVERHEAD TRICEPS EXTENSION (PAGE 71)
6. REVERSE-GRIP BARBELL CURL (PAGE 69)
7. LYING CROSS-SHOULDER TRICEPS EXTENSION (PAGE 72)
8. FOREARM CURL (PAGE 74)
9. REVERSE FOREARM CURL (PAGE 75)
10. WRIST RAISE (PAGE 76)
11. REVERSE WRIST RAISE (PAGE 76)



1. FRENCH CABLE CURL (PAGE 80)
2. CONCENTRATION CABLE CURL (PAGE 78)
3. CABLE PUSHDOWN (PAGE 79)
4. CABLE CURL (PAGE 77)
5. CABLE PUSH (PAGE 80)
6. LYING CABLE CURL (PAGE 78)
7. CABLE PULLDOWN (PAGE 79)
8. LYING CROSS-SHOULDER TRICEPS CABLE EXTENSION (PAGE 81)
9. FOREARM CABLE CURL (PAGE 81)
10. REVERSE FOREARM CABLE CURL (PAGE 82)



1. BICEPS CURL WITH TUBING (PAGE 82)
2. DESK DIP (PAGE 83)
3. INCLINE CURL WITH TUBING (PAGE 83)
4. FRENCH CURL WITH TUBING (PAGE 84)
5. TRICEPS PRESS WITH TUBING (PAGE 84)
6. FOREARM CURL WITH TUBING (PAGE 85)
7. REVERSE FOREARM CURL WITH TUBING (PAGE 85)
8. WRIST ROLLER WITH TUBING (PAGE 86)