

[IMAGE]

4 Great Arm Exercises

By Editorial Staff

Working out consistently at the gym and/or home, but aren't satisfied with the results you're getting – at least when it comes to your arms? Perhaps you're not focusing on the right exercises or perhaps you need to shake up your routine. Either way, here are five great exercises to tone and tighten your arms:

1. *Diamond Push-Ups*: Assume a standard push-up position, but instead of positioning your hands straight ahead, turn them inward, touching the thumb and index finger of each hand to form a diamond shape. Keep your elbows close to the body as you lower your body to the ground until your chest touches your hands, then return to the starting position. This exercise works the back of the arms (triceps muscles).

2. *"Sevens"*: Assume a standing or seated position, back straight, knees bent slightly, holding a dumbbell in each hand or a barbell in both. This arm exercise involves three movements: 1) With arms at your sides and pointing toward floor, lift weights only until arms are parallel with the floor; then return to sides and repeat six more times. 2) With arms parallel with floor, raise weights toward shoulders, return only until parallel, and repeat six more times. 3) With arms at sides (step #1 starting position), raise weights toward shoulders (step #2 finishing position), lower to sides and repeat six times. Throughout each movement, bend your elbow only; do not swing your arms / the weights. You are focusing on the biceps (front of the arms) only.

arm exercise - Copyright © Stock Photo / Register Mark 3. *Kickbacks (With a Twist)*: Holding a dumbbell in each hand, knees slightly flexed, bend forward at the waist, keeping your back as straight as possible, until your torso is nearly parallel to the ground. Now elevate your elbows until your upper arms are in line with your back. The motion involves extending both hands behind you (keeping the elbows fixed) until the entire arm is straight out behind you, feeling the triceps muscles engage. Now here's the twist: at the top of the motion, before returning to the starting position, rotate your wrists until your palms are facing up (a quick twist). Return the palms to the face-down position, bring the arms back in toward your body (again, keeping the elbow fixed) and repeat.

4. *Half Circles*: Stand with your feet hip width apart; extend your arms out in front of you, parallel to the floor, palms facing forward (as if you're about to push something). Now cup both hands as you rotate your

entire arm forward in a half circle, bringing your arm behind you and then back to the starting position.

Keep your elbow locked throughout the movement. Do this movement as fast as possible without sacrificing the elbow lock; make sure you concentrate on engaging the arms, not just the shoulders. This exercise helps tone the entire arm (biceps and triceps).

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