

SCULPTING THOSE ARMS



BY NATASHA LINTON

Along with stomach, thighs and “man boobs,” arms are common trouble zones of the body. If you’re a trainer, you’ve had prospective clients point out during initial consultations that they want to get rid of the flab on their arms, or get ripped arms.

If you’re an exercise enthusiast, you may very well have arms targeted as a trouble zone. Here are some of the most efficient arm exercises. But first let’s review some important keys to remember while exercising or planning an arm sculpting program. The program has to include components other than exercise. It should include cardiovascular training, proper diet and resistance training.

CARDIOVASCULAR TRAINING

When a trainee’s goal is to create aesthetically pleasing arms, you will need to not only focus efforts on a ton of biceps curls, but fat must be shed to reveal the hidden wonders (muscles) beneath. Unless the client’s body

fat percentage is low, hard work at weight training alone will not matter one bit.

Your options as the personal trainer are endless. I tell my clients to find something enjoyable and keep committed. Include cardiovascular training in your clients’ programs and explain why it’s an important part of sculpting any body part.

EAT RIGHT!

A healthy diet should not be kept out of the mix. I’ve had clients come to me and say, “I’m working out so hard in the gym and still cannot see the results I’m looking for.” I then ask them how they are eating. It isn’t always pretty. Just recently an answer I got was, “Every day for breakfast I have a chocolate muffin.” That person’s lunch and dinner weren’t any better.

No matter what the activity level, you must eat at least five times a day. By eating frequently throughout the day and including the right nutrients (carbohydrates, proteins, fats, water) in your meals (including snacks), you will optimize metabolism and energy. Your

chances of storing fat are greater if you wait until hunger to eat. Aim to eat carbohydrates (good source of energy). Also, aim to cut out carbs that are high on the glycemic index. Paying attention to the glycemic index is key in fighting diseases such as type II diabetes.

LAT PULL-DOWN (BACK AND ARMS)

- Attach a straight bar to the lat pull-down machine. Grab the bar with palms facing body - slightly closer than shoulder width.
- Sit on the bench with feet flat on floor. Keep back straight and stomach tight.
- Pull the bar down until it reaches the upper part of chest.
- Raise the bar back up.

DUMBBELL CHEST PRESS (CHEST AND ARMS)

- Lie on back on a flat bench or on a mat with feet planted firmly on floor. Keep a natural arch in back.
- Grab dumbbells with palms facing away from body. Hold dumbbells to the outside of chest in the air.
- Slowly lower the weight down.
- Press dumbbells back up to starting position.

SEATED ROW (BACK AND ARMS)

- Some experts may say to “do plenty of rows,” as they are so beneficial to creating great looking arms.
- Reach and grab the cable attachment (the attachment is shaped like the letter V).
 - Keep a slight bend in knees.
 - Pull cable attachment to waist.
 - Extend arms and return to starting position.

Remember all of the components that belong in a sculpting program, and stay committed!

RESISTANCE TRAINING

Ladies, this is important for you too. Stop worrying about bulking up and looking like a man. Trainers, get your lady clients into this by educating them on the benefits of pumping some iron or any form of resistance training.

For example, explain that we do not want to lose the muscle that we do have. Weight training tells the body to burn the fat for added energy. Toned, firm muscles will give a woman that desired shapely look.

For both men and women, the more lean muscles that you have, the better your body will be at fat burning. Resistance training can include work with dumbbells, kettlebells, bodyweight exercises, even items you have around the house such as old milk cartons filled with sand.

Here are the exercises that should not be left out of any arm sculpting project. Notice that the majority of the exercises below are multi-joint movements. These exercises are great also for weight loss because they work so much of the body at one time. These have more advantages, but it’s fine to throw in specific exercises for biceps and triceps as well, such as biceps curls or triceps rope pull-downs.

NEUTRAL GRIP SHOULDER PRESS (SHOULDERS, TRAPS, TRICEPS)

- Stand with a pair of dumbbells just outside of shoulders.
- Arms are bent and palms are facing each other. Stand with legs shoulder width apart.
- Push the weights up straight over shoulders until arms are straight.
- Return to starting position. Ⓢ