

# Strong Arms

## Haa haa hashers,

Imagine a guy with thin arms wearing a sleeveless tee shirt.....its as bad as an extremely fat lady wearing tight jeans or a short skirt. They are what we call environmental disasters. In fact they should be arrested and made to workout at the gym in a jail.

Here is a workout for strong arms and a great upper body for guys.

Arms are one of the most exhibited parts of the human anatomy. They are also one of the most used whether it comes to daily chores like lifting groceries, files or laptop at office or your plate for a meal. Bulky arms may be out dated, but strong arms are definitely in.

To tone up your upper body and to build up your arms start with a 10 to 15 minute cardio vascular exercise. Then move on to the exercises described below:

### PUSH UPS - VARIATIONS:

- Regular push ups- place your hands at shoulder width, keep your feet together and move your body up and down, parallel to the ground.
- The second variation is with your hands further apart,
- the third one is with your hand close to each other and placed at the center of your body,
- the fourth one is called the wrestlers 'dum', where your hands are placed on the floor ahead of you and the feet are placed wide apart. And move your body in a wave motion.
- The next is the knuckle push up, wherein you place your closed fist at a should width and rest your body on your first two knuckles and execute the push up.
- The most advanced version is the finger push up were you do the push up resting your body on your fingers.



### PULL UPS VARIATIONS

- one is with your palms facing you and at a distance of a shoulder width.
- And the other is your palms facing away from you at a distance of more than shoulder width.
- The advanced technique is a one-arm pull up. Which of course is done on equal repetitions on both sides.
- Parallel bar dips Make sure you go down all the way and when you are doing so, your arms are resisting your body weight. In other words do not let gravity help you down.
- Each of the above exercises should be done in sets of threes. Counts of 10 to 15 per set to maintain and tone body and anywhere from 30 to 50 repetitions per set to build up.

### To begin with do basic movements to build mass.

**Biceps:** Standing barbell curls, Preacher curls, Seated or standing dumbbell curls, Cable curls, Hammer curls and Concentration curls

**Triceps:** Warm up with dips behind the back, and then lie down reverse dumbbell curls, cable press down, reverse and regular and finally kickbacks.

**Forearms:** Always work on the forearms last, as they are a weak muscle group. Hammer curls, reverse wrist curls. Every variation of the reverse curls targets the forearms and biceps.

### SOME DOS AND DON'TS:

- Exhale when your lifting weight, the amount of weight you lift should make your muscles tired after 10 to 15 repetitions.
- Do not push your self to the point of muscle fatigue.
- Do not jerk the weight when you're lifting and give your body a day to recover between workouts of the same muscle group.

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Gul Mohamed