

# 4 Weeks to toned arms

Do you dread the thought of baring those wobbly, pasty white arms in your favourite dress or tank top? Michelle Hext has the answer and shows how to get great arms in four weeks.

**B**e warned, great arms don't come easily but if you're prepared to work hard over the next four weeks you will see some great results.

The exercises below are designed to build muscle and create definition giving you great tone but be aware, if you don't eat well, do cardio and work the rest of your body just as hard, the results will still not be there.

Do this workout twice a week and be sure to leave a day in between each session.

In relation to the repetitions for each exercise, if you tend to put on muscle mass easily and don't like that look, do three sets of 15 repetitions using a lighter weight. For women who struggle to put on muscle mass, do five sets of 6-10 repetitions with a heavier weight. As soon as you can manage 10 repetitions it is time to increase your weight to the point at which you can only just do six.

## Triceps dips

If you have access to an assisted dip machine at the gym then use this. If not do the dips with your feet on the floor (or with your feet up on a swiss ball or

bench for added intensity) and your arms on a bench. Lower your body down until your upper arms are parallel to the floor, then raise up to the starting position. Exhale on the way up.

## Biceps bar curl

Start with your feet shoulder width apart and the barbell resting on your thighs, with your palms facing outwards. Exhale as you bring the bar to chest height before lowering it back down. Make sure you keep your elbows tucked in nice and tight to your body.

## Push-ups

Your push-up position begins with your hands close together. Make a triangle with your index fingers and thumbs and tuck your elbows in close to your body. If you are not strong enough to complete the push-up all the way to the floor just go as low as you can manage. Exhale as you push up.

## Standing alternating hammer curls

Begin with your feet shoulder width apart with a dumbbell in each hand with your palms facing inwards. Exhale as you

bring one dumbbell up to chest height. As you bring the dumbbell back to the start position begin to raise the other hand. Again make sure you tuck your elbows close to your side.

## Triceps pull-down with straight bar

Attach a straight bar to the high pulley at the gym. Stand with your feet shoulder width and your hands resting on the bar with palms facing up and gripping the bar. Pull down until the backs of your hands rest on your thighs before returning to the start position. Exhale as you pull down.

## Preacher bar curl

Set up the bar on the Preacher Bench and adjust the padding to a comfortable height. Exhale as you bring the bar towards your chest before taking it back down to start position.

## Overhead triceps extension

Begin in staggered stance (one foot forward). Use both hands to raise one dumbbell above your head with your arms almost straight. Your palms should be facing the roof. In a controlled motion bring the dumbbell down behind your neck. Keep your elbows close to your head; your elbows do not move just your forearms. Exhale on the upward motion.[cm](http://www.glowwomensfitnessonline.com.au)

**Michelle Hext** is CEO and founder of Glow Women's Fitness Online. Michelle's has 20 years experience in the fitness industry and is now leading the way in Online Personal Training. Michelle helps women to change their lives through fitness and healthy living. [www.glowwomensfitnessonline.com.au](http://www.glowwomensfitnessonline.com.au)

