

Arm Exercises

BY

KARMIC INSTITUTE

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Paradise Nutrition Inc.

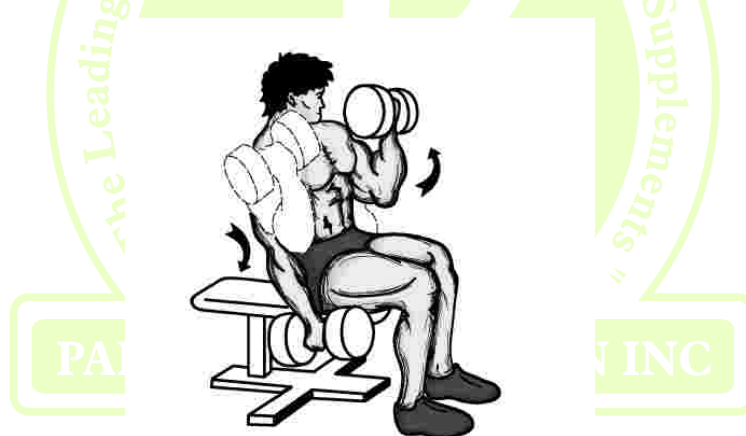
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2. Curl the bar up and as high as possible keeping the elbows stationary.
3. Feel a good bicep contraction at the top and extend your arms to get back to starting position.

Points to remember

- Remember exhale while you exert.
- Keep a controlled motion and avoid jerky movements
- Bending forward and leaning forward cuts the range of motion.

Seated Dumbbell Curls - Build and Shape Biceps



Seated Dumbbell Curls is a very good variation of barbell curls but allows extra bicep contraction.

Purpose:- To Build Overall Muscle Mass in the biceps and define them more

In Dumbbell Curls the natural full range of motion of biceps is enhanced and therefore it provides a better bicep contraction.

Execution Technique:- This exercise is performed using a dumbbell in each hand.

Steps:-

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1. Sit on the edge of a bench holding a dumbbell in each hand at arms length.
2. Now curl the arms bringing them to maximum contraction and let the palms face you as you do so.
3. Lower the dumbbell through the same arc and extend your arms fully.

Points to remember

- Remember exert while you exert.
- Keep a controlled motion and avoid jerky movements.
- Bending forward and leaning forward cuts the range of motion.

Preacher Curl and Reverse Preacher Curl exercise to for longer biceps



Preacher curls is the best exercise to build long peaked biceps and reduce the space in the elbow region. Also check how to do cable curl with preacher bench & reverse preacher bench curl.

Many Weight Trainers complain that they have a large space between their biceps and elbow joint. This asks for a longer biceps muscle.

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EXERCISE TIPS BY KARMIC INSTITUTE

Although the shape of the biceps is hereditary and the biceps can have a long tendon or long muscle belly, you can get fullness in this crucial area giving your arms a complete look.

If you have long tendon then preacher curls is the best exercise to build a longer biceps lower end and get a full biceps pump.

Purpose:- To Build the lower end of biceps and develop a biceps peak.

Execution:- This exercise is done on seated a Preacher Bench with a Barbell or E-Z curl Bar and cable curl.

Steps:-

1. Get seated on Preacher Bench with your chest against the support and grab hold of the bar placed in the preacher bench rack in front of you.
2. Curl the bar as in standard barbell curl and get maximum contraction at the top.
3. Perform the negative - the lowering of the bar slowly feeling constant stress throughout the movement and lower the bar to get maximum extension.

Points to Remember

- Exhale while you exert.
- Keep very strict form and do not lift off the back rather use your biceps only.

Preacher Curls Variations

1. Preacher Dumbbell Curls

This exercise is done exactly like the Preacher barbell curls but using dumbbells allows you to force each arm to work independently.

2. Cable Curls with Preacher Bench

Here you use a cable attached to a low pulley instead of the Cable provides a constant tension throughout the exercise and is an excellent alternative to Preacher Barbell curls.

3. Reverse Preacher Curls

An excellent exercise to build biceps and outer side of forearms. This exercise is done with an overhand grip and done just like Reverse Curls.

Concentration Curls Exercise - Curl your arms to build peaked biceps

Bodybuilding Exercise - Concentration Curls for Bigger Arms



Concentration Curls is the best exercise to build biceps peak.

Concentration curls exercise should be a part of your arms race as peaked biceps are very impressive to look at.

Purpose:- To Build a peak in the biceps

Concentration Curls should be treated as a power exercise and use as much weight as possible but with a strict form.

Execution Technique:- This exercise is done standing bent at torso using a dumbbell.

Steps:-

1. Bend down at your torso holding a dumbbell in your hand and resting your other arm on your knee.
2. Curl your arms to the maximum and twist your wrist so that the little finger is at a lower level than the thumb.
3. Curl the dumbbell back to start position.

Points to Remember

- Exhale while you exert.
- Go as heavy as possible but keep form strict. Some exercises are muscle builders but concentration curls are shape builders so form is more than ever important.

Incline Dumbbell Curls Exercise to build bigger biceps



Incline Dumbbell Curls is an excellent full range exercise to build bigger muscles and also add variety to your Arm training.

Purpose:- To Build overall size of the biceps.

Execution:- This exercise is done on an Incline bench with a pair of heavy dumbbells.

Steps:-

1. Sit on an Incline Bench with a pair of heavy dumbbells.
2. Curl the dumbbells up to shoulder levels and then curl back to start position.
3. At the top of the movement contract harder and let palms face yourself and at the end of the movement let the palms face each other.

Points to Remember

- Exhale while you exert.
- Go full range to build longer biceps.

Alternating Dumbbell Curls exercise to build biceps muscle



Alternate Dumbbell Curls is an excellent exercise to isolate the biceps on each side and build them bigger and more peaked. Alternating Dumbbell Curls is a heavy duty exercise as you will be working on both arms one after the other continuously.

Purpose:- To Isolate and build bicep muscle.

Execution:- This exercise is done standing with a pair of dumbbells.

Steps:-

1. Grab a pair of dumbbells and stand upright with the dumbbells hanging by your sides.
2. Curl your arm and get them as close to your shoulder level while keeping the other arm at rest.
3. Now while curling your right arm down, curl the left arm upwards alternating them in this fashion.

Points to Remember

- Exhale while you exert.
- Go full range of motion and at the top curl harder to get your little finger higher than thumb.

Hammer Curls Exercise to Build Biceps and Forearms

Hammer Curls is an excellent exercise to build biceps and additionally work on forearms.

Purpose:- To Build Biceps and Forearms.

Execution:- This exercise is done using a pair of heavy dumbbells.

Steps:-

1. Grab a pair of dumbbells and sit at the end of a bench.
2. Curl your arms just like you would in standard Dumbbell Curls but keep your palms facing each other all the time.
3. Lower your arms with palms facing each other to additionally work the forearms.

Points to Remember

- Exhale while you exert.
- Go full range of motion.

Lying Dumbbell Curls Exercise to build bigger biceps



Lying Dumbbell Curls is an excellent exercise to build biceps through the entire range of motion.

Purpose:- To Build muscle mass in Biceps.

Execution:- This exercise is done lying on a bench with a pair of dumbbells.

Steps:-

1. Grab a pair of dumbbells and lie on a bench.
2. Let your arms hang by the sides with your palms facing forwards.
3. Curl the weights and get dumbbells as close to your shoulders as possible and get a good contraction.
4. Lower the dumbbells and extend them completely feeling a good stretch.

Points to Remember

- Exhale while you exert.

Cable Curls - One arm and two hand cable curls to build biceps



Cable Curls is one of the best exercises to build a peaked bigger biceps.

Cable provides with a constant resistance throughout the movement and helps recruit extra muscle fibers.

Purpose:- To Build bigger biceps and shape them

Execution:- This exercise is done using a floor level cable and pulley.

For One arm Curls use a pulley with a single handle and for two hands cable curls use a pulley with two handles.

Steps:-

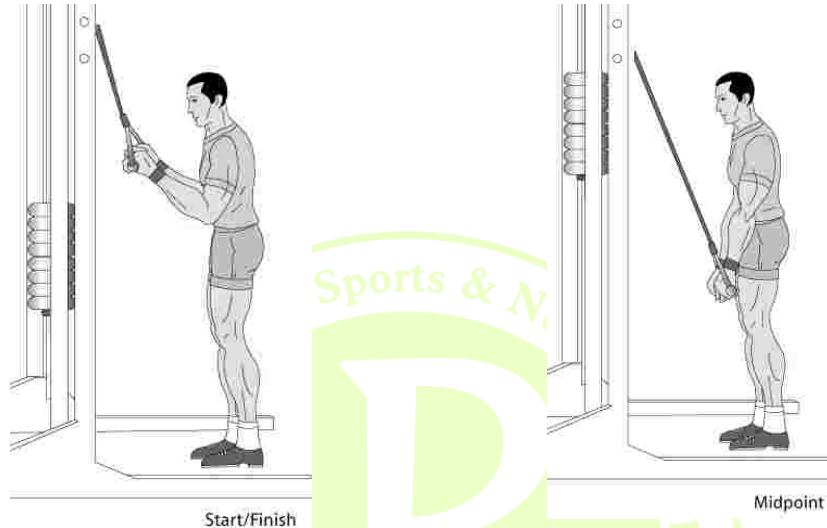
1. Standing upright grab the handles of the floor level pulley with your elbows fixed at your sides.
2. Curl the bar upwards and get them as close to your chin as possible feeling a good bicep contraction at the top.
3. Now curl back and feel a good stretch at the bottom.

Points to remember

- Exhale while you exert.
- Maintain a controlled, smooth motion.

TRICEPS

Triceps Press downs - Full range triceps exercise



Also known as **Lat machine Press downs**, triceps cable press downs are a great way to blast triceps and build them through full range of motion.

Purpose:- To Build overall Muscle Mass in the Triceps.

A super strict, elbow locked triceps exercise when done properly will blast your triceps.

Execution Technique:- This exercise is done using a overhead pulley machine, just like the one used for Lats Pull downs.

Steps:-

1. Hook a small bar to the pulley and hold it with an overhand close grip. Keep your whole body steady.
2. Press the bar down as far as possible keeping your elbows locked.
3. Now release and get back to starting position

Points to remember

- Remember exert while you exert.
- Keep a controlled motion and avoid jerky movements.

- Keep whole body steady.

Bench Dips Exercise to build triceps muscle

Bench Dips is Dips behind the back to build the triceps muscle mass.

Purpose:- To Build muscle mass in the triceps muscle.

Execution:- This exercise is done using 2 benches placed across one another.

Steps:-

1. Hold on to the edge of a bench and let your heels rest on the bench in front of you.
2. Now lower your body while keeping your elbows stationary making your triceps work.
3. From this fully extended position press upwards and get back to start point.

Weighted Bench Dips

Place a weight on your thighs if you find these bench dips too easy to do.

Points to Remember

- Exhale while you exert.
- Keep very very strict form and do not lift off the back rather use your biceps only.

One arm Triceps Extensions Exercise



One arm Triceps Extensions Exercise to isolate and build triceps muscle.

Purpose:- To Build muscle mass in the triceps muscle.

Execution:- This exercise can be done seated, standing or lying down with a dumbbell.

Steps:-

1. Sit on a bench with a dumbbell held straight over your head with arm fully extended.
2. Without moving your elbow, lower the dumbbell going as low as possible.
3. Now extend your arm and get a full triceps extension.
4. Repeat on the other hand after finishing this set.

Standing One Arm triceps Extensions

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This exercise is done standing and you will have to keep your other hand behind the back for support.

Close grip bench press triceps press



Both arm Triceps Extensions Exercise to isolate and build triceps muscle.

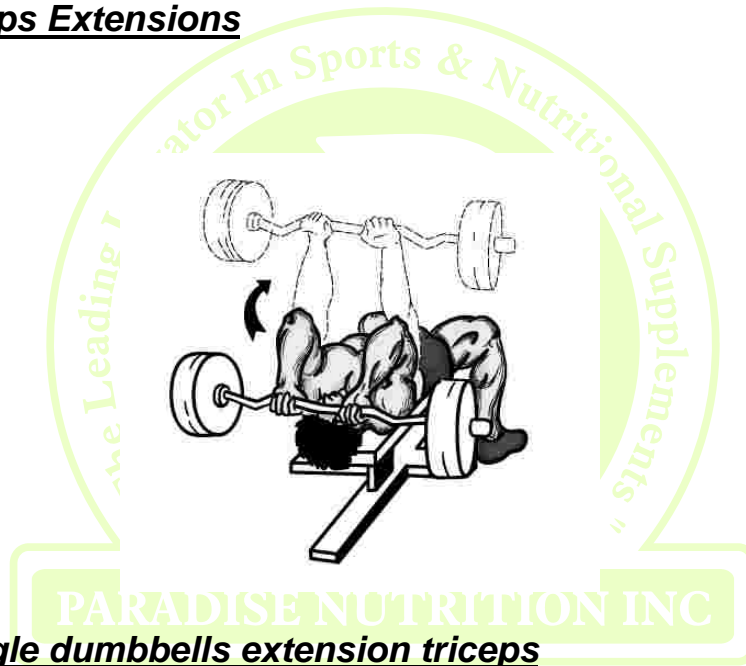
Purpose:- To Build muscle mass in the triceps muscle.

Execution:- This exercise can be done lying down on bench press using E-Z curl bar or barbell curl.

Steps:-

1. Lying down on a bench with a E-Z curl bar or barbell curl held straight over your chest with arm fully extended.
2. Moving your elbow, lower the E-Z curl bar or barbell curl going as close as possible to your chest.
3. Now extend your arm and get a full triceps extension.

Lying Triceps Extensions

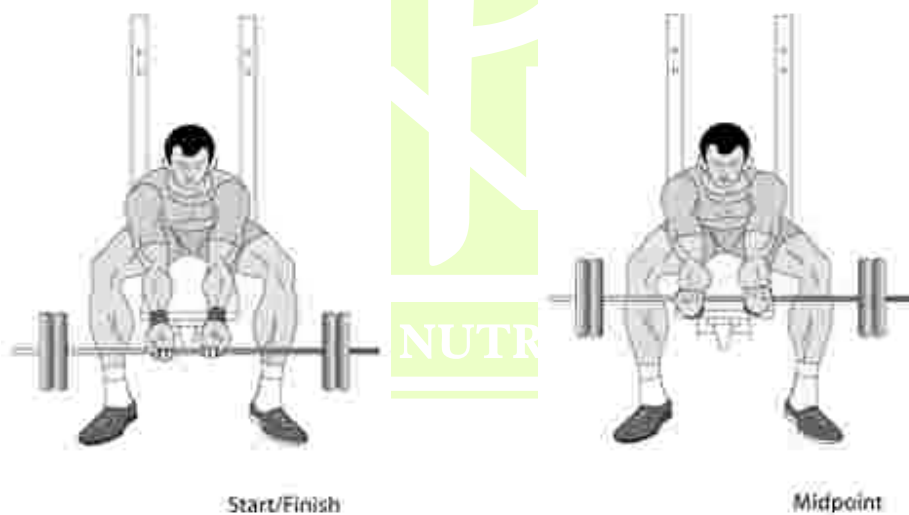


Seated Single dumbbells extension triceps



WRIST / FOREARM

Barbell Wrist Curls / Forearm Curls - Best Forearm exercise



Wrist curls are a very isolated **forearm exercise**. Its the best way to build inner side { flexor muscles } of the forearms.

Purpose:- To Build inside { flexor muscles } of the forearms.

An excellent wrist isolation exercise.

Execution Technique:- This exercise is done sitting on a flat bench at one end.

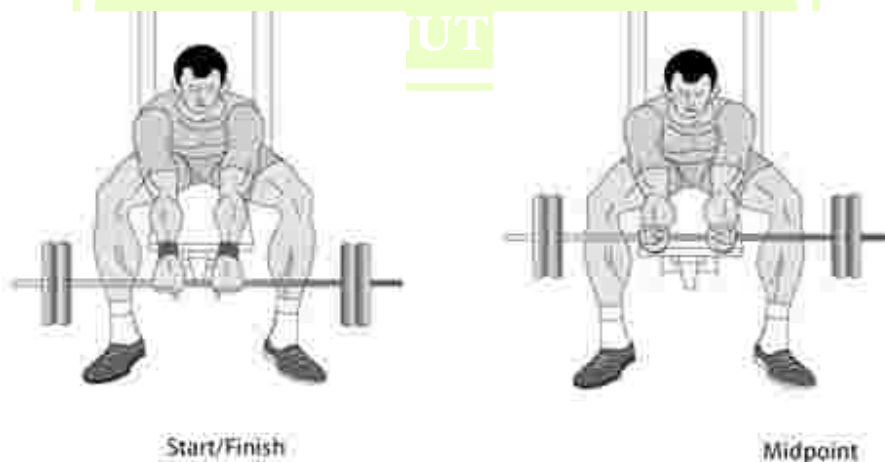
Steps:-

1. Sit on one end of a bench holding a barbell with an underhand grip.
2. Rest the forearms on the bench hanging your wrists and the hands holding the barbell.
3. Curl your wrists and feel the forearm muscles contract.
4. Now lower the weights as far as possible feeling complete forearm stretch.

Points to remember

- Remember exert while you exert.
- Feel the real burn for better stimulation.

Reverse Wrist Curls Exercise with Dumbbells and Barbell



Reverse Wrist Curls exercise to build outer forearm muscles. Check the correct exercise technique and build massive forearms now.

Purpose:- To Build muscle mass in the outer forearm muscles.

Execution:- This exercise is done seated using a barbell. Its a power move and you should go as high as possible.

Steps:-

1. Grab a heavy barbell with an overhand grip and let it rest on your thighs.
2. Curl your wrist as high as you can.
3. Now bend the wrists forward and lower the bar as low as you can.

Reverse Wrist Curls with Dumbbells

This is done just like the barbell wrist curls but uses dumbbells instead.

