

Add 2 Inches To Your Arms!

Workout A & B

Do workout A if you can't complete five chinups and eight dips.

1A Negative Chinup



Set a bench under a chinup bar, then stand on the bench and grasp the bar with an underhand grip (palms facing you) and your hands about shoulder-width apart. Give yourself a boost from the bench so you don't have to use much effort to pull your chest up next

to your hands. Slowly lower yourself for a count of 6 seconds. Then hop back up to the bar and repeat.

The plan: Perform five or six repetitions. Rest for 90 seconds, then move to the next exercise.

1B Negative Dip



Grab parallel dip bars and use your legs to boost yourself up so your arms are straight and all your weight is resting on your hands. Keeping your elbows tucked close to your body, slowly lower yourself by bending your elbows for a count of 6 seconds. Your upper arms should be

parallel to the floor at the end of the move. Place your feet on the floor to boost yourself back up and repeat.

The plan: Do five or six repetitions. Rest for 90 seconds, then perform a second set of negative chinups (1A). Continue alternating between exercises for a total of four or five sets of each movement, resting for 90 seconds between sets.

2A Close-Grip Bench Press



Lie faceup on a bench with your feet flat on the floor. Grab the bar with an overhand grip, your hands shoulder-width apart. Keeping your elbows tucked at your sides, lower the bar to your chest, then press the weight overhead.

The plan: Perform six to eight repetitions. Rest for 60 seconds, then move on to the next exercise.

2B Barbell Curl



Stand holding a barbell in front of your thighs with an underhand grip, your hands shoulder-width apart. Keeping your back straight and your elbows at your sides, slowly curl the bar up in a semicircular motion until your forearms touch your biceps. Pause, then slowly lower the bar to about an inch in front of your thighs before repeating the move.

The plan: Perform eight to 10 repetitions. Rest for 60 seconds, then do a second set of close-grip bench presses (2A). Alternate between exercises for a total of three or four sets of each move, resting for 60 seconds between sets.

Workout B

Do workout B when you are able to complete 5 chinups and 8 dips.

1A Chinup



Grab a chinup bar with an underhand grip (palms toward you), your hands about shoulder-width apart. Pull yourself up until the bar is below your chin. Squeeze your biceps at the top, then slowly lower yourself until your arms are

almost straight; keeping a slight bend maintains tension on your biceps.

The plan: Do six to eight repetitions. (If you can do more, ask a workout partner to place a dumbbell between your feet.) Rest for 90 seconds, then move to the close-grip bench press (1B) at below.

1B Close-Grip Bench Press



Lie faceup on a bench with your feet flat on the floor. Grab the bar with an overhand grip, your hands shoulder-width apart. Keeping your elbows tucked at your sides, lower the bar to your chest, then press the weight overhead.

The plan: Perform six to eight repetitions. Rest for 90 seconds, then do a second set of chinups.

2A Dumbbell Triceps Extension



Sit on a bench holding a heavy dumbbell in your right hand. Extend your arm straight overhead with your palm facing forward and place your left hand on your right elbow for support. Without moving your upper arm, lower the weight down in front of your face until the end of the dumbbell touches the top of your chest. Finish

the set before repeating with your other arm.

The plan: Do eight to 10 repetitions with each arm. Rest for 60 seconds, then move to the next exercise.

2B Cable Preacher Curl



Place a preacher-curl bench in front of a low-pulley cable station. Attach a rope to the cable and grab an end with each hand. Rest your upper arms on the pad in front of you with your palms facing each other. Keeping your back straight and your upper arms pressed against the pad, bend your elbows

to curl the rope up toward your shoulders. Pause, then slowly lower your arms to the starting position.

The plan: Do eight to 10 repetitions. Rest for 60 seconds, then perform a second set of the dumbbell triceps extension (2A). Alternate between exercises for a total of three sets of each, resting for 60 seconds between sets.

3A Cable Incline-Bench Triceps Extension



Attach a rope to a low-pulley cable and place an incline bench a couple of feet in front of the pulley. Grab the rope and lie facedown on the bench with your arms straight and beside your ears. Without moving your upper arms, bend your elbows 90 degrees. Pause, then straighten your arms.

The plan: Do 12 to 15 reps. Rest 45 seconds, then go to the next exercise.

3B Cable Single-Arm Curl



Stand with your back to the weight stack of a cable station and grab the low-pulley handle with your right hand. Step forward so your right hand is a few inches behind you and your arm is straight. Keeping your elbow in place, curl the handle up until it reaches the side of your chest. Pause, then

slowly lower your arm.

The plan: Do 12 to 15 reps with each arm. Rest for 45 seconds, then do a second set of exercise 3A. Rest for another 45 seconds and do a second set of this cable curl.



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