

OPTIMYZ YOUR ARMS THIS SUMMER

Model: Lisa Miller

As jackets come off in warm weather, sculpted arms send the signal that we are strong, fit and feel good about ourselves.

*Text and photographs
- Max Brennan.*

This intense workout will sculpt your pipes in just a few weeks. Perform this routine in this order every four days, going through the entire sequence three times if you can. Use a weight that provides resistance, but not so much that you cannot maintain proper form during each set of 8-12 repetitions. Make sure to stretch your biceps and triceps.

Visit www.optimyz.ca for full stretching instructional videos.



Concentration curls

Take a light dumbbell in one arm and let your arm down in a straight line. Slowly curl your arm upwards, flexing your bicep and concentrating on squeezing the muscle. You can look right at your arm or in the mirror to ensure you are flexing the muscle throughout the exercise. This is the ultimate arm builder!



Reverse curls

The brachialis muscle separates the bicep from the tricep and adds that 3-D component to your arms. These are similar to curls, but reverse your hands with your palms down. Keep your elbows tight and close at your side. Bring your arms up keeping the tension in your outer bicep and brachialis. Perform 10 to 12 repetitions.

Single arm tricep extensions

Pick a weight with which you can perform eight to 10 repetitions. Slowly bring your arm back and keep your elbow facing forward. Only your forearm should be moving during this exercise. Visualize that you are hammering nails high above your head. Slowly bring the dumbbell back. Reaching high, flex your tricep at the extension. Squeeze the muscle and hold before you begin your next repetition.

After completing both arms, take the athletic tubing and stand with one foot on the other end and rep it out by completing as many extensions as possible in 30 seconds. Perform on each arm.



Tricep kickbacks

We spend more time on your triceps because they make up two-thirds of your arms. Place a hand and knee on the same side of a bench, leaving your other foot on the floor for stability and your arm free to perform the exercise. Keep your arm parallel with your torso, letting your arm holding the dumbbell come forward. Kick back once again with the forearm only. Twist your hand at the top of the exercise so the

dumbbell is perpendicular to your body. This engages all three heads of your tricep and will bring out those luscious arms. Perform eight to 10 repetitions.



Bicep curls

Stand with arms shoulder-width apart and curl wrists upward towards your body. Squeeze your biceps and curl your wrists as you bring the weight up. Keep your elbows and shoulders back! You should be struggling to finish at the end of the set.

Then immediately move to athletic rubber tubing and perform as many curls as possible in 30 seconds. You'll be surprised how difficult this is. **Z**

