

Get Bigger Arms in Less Time

Want to get bigger arms but have limited time? Here's a quick way to blast your biceps and trigger your triceps to massive growth - in a fraction of the time. There are three basic components of building bigger arms: 1. Overload the muscles of the arm, not just the biceps and triceps, but the stabilizer muscles as well. We'll get more into this below. 2. Take in a calorie surplus, about 400- 500 more calories than you'd normally eat each day. This includes days in between workouts. These calories are needed to support muscle repair, which is where the muscle is really built. Total calories for the day should consist of high quality protein, a ton of fruits and vegetables, and high quality fats such as fish oils, flax oil and olive oil. 3. Proper pre and post workout nutrition, consisting of high glycemic carbohydrates and a high quality whey protein. The high glycemic carbs facilitate the repair and growth process by shutting off muscle breakdown and increase protein synthesis, the actual building of muscle. The whey protein contains amino acids, which are the building blocks the body uses for creating muscle. Those are the three components of building bigger arms. For the sake of building bigger arms in less time, we'll focus here on overloading the muscles of the arm. What is overload? Pushing yourself to increase your numbers each workout as compared to the previous workout by either increasing weight or squeezing out more repetitions with the weight you finished with during your last workout for that body part. When you can get 7- 8 reps on your own, it's time to increase the weight. Now, before launch into the program, do about 2 sets of light bicep curls and tricep presses do get the blood flowing into those muscle you want to hit, and get them warm. The Bigger Arms in Less Time Program: Cable Pushdowns 1 set 6- 8 reps (Use a weight where the 8th rep is extremely tough to complete) 20 seconds rest Straight Bar Curls 1 set 6- 8 reps (rest up for 2 full minutes and then repeat the above cycle a total of 3 times.) Take a full 4 minutes to recover, and then do the following: Lying Tricep Extensions 2 sets 6-8 reps (1 minute between sets) Standing Dumbbell Curls 2 sets 6-8 reps (1 minute between sets) Take 1 minute to recover, then hit the forearms: Barbell Wrist Curls 2 sets 6-8 reps Reverse Wrist Curls 2 sets 6-8 reps Complete this workout with focus and intensity twice per week for 4 weeks and watch those arms grow. Pretty soon you'll be busting out of your shirt sleeves. After the 4th week, you'll need to adjust and modify the program to keep it fresh and keep your body from adapting.

About the Author

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