

# Curls for the Girls!

There is nothing like looking in the mirror and seeing perfectly sculpted arms. The good news is that with consistency and dedication nice arms are not difficult to achieve. The bad news is that not everyone knows how to build them. That's where I come in.

I will take you through a few basic bicep and tricep exercises, keeping in mind that the triceps function as the antagonist muscle. That is, it is doing the opposite of what the bicep is doing. As you will see in my demonstrations, when the biceps contract, the triceps relax. Likewise, when the triceps contract, the biceps relax.

In order for your muscles to recover, work these body parts only twice a week. If you work them too frequently, they won't grow because the micro muscle tears have no time to repair; hence, muscle soreness. Not to mention tissue and joint damage.

## TEMPO

The pace—or tempo—at which you lift plays a significant role in growth and development. Two to three seconds between the contraction point of the movement (bringing the weight towards your body) and two to three seconds between the relaxed point of the movement (moving the weight away from your body) is my recommended tempo.

## SUPERSETS

Supersetting creates muscle confusion, stimulating different muscle fibers. By pairing biceps and triceps you are working the anterior and posterior muscles. (i.e., the front and back of the arms.) When you superset—switching from one exercise to another between sets—your biceps and triceps are working against each other to build a perfect set of arms. Superset two exercises at a time for 15 reps each.



### TRICEPS PUSHDOWN WITH STRAIGHT BAR

Begin with the bar at breast level. Keep your elbows lined up with your shoulder. Push the bar down until it meets the front of your thighs, with arms fully extended and perpendicular to the floor.



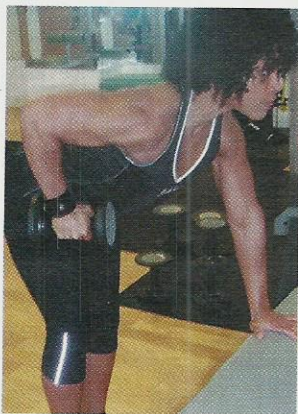
### ZOTTMAN ALTERNATING DUMBBELL CURL

While holding the upper arm stationary, curl the weights while contracting the biceps. Only the forearms should move. Your wrist should rotate so that you have a supinated (palms up) grip. Continue the movement until your biceps are fully contracted and the dumbbells are at shoulder level.



### HAMMER CURLS

Get two dumbbells and choke up to the top of each dumbbell. Firmly hold the dumbbells and raise your arms until your forearms are parallel to the floor. Contract your bicep muscles hard at the top of the hammer curl, then return to the starting position.



### TRICEPS KICKBACK

Place a dumbbell in one hand and position your body over a flat bench, at a right angle with your back flat. Keep your elbow lined up with your shoulder, bending your arm to begin the movement. Use the opposite arm to support your weight on the bench. Slowly extend your arm out and keep your elbow in. Lower the dumbbell back to the starting position. Repeat with your opposite arm.



### LYING OVERHEAD TRICEPS EXTENSION

Use an EZ curl bar, not a straight barbell, to prevent elbow injury. Lie on a flat bench with your head on the edge of the bench and feet flat on the floor. While keeping the upper arms straight, slowly bend at the elbows and allow the EZ bar to lower to a position directly over the forehead, pause, and then fully extend the bar behind you towards the floor. (This will give your triceps an intense stretch.) Return to your forehead and extend arms to straight position again.



### STANDING OUTER BICEPS CURL

Begin with a dumbbell in each hand as you will perform these curls simultaneously. Begin holding the dumbbells outward, at the sides of your outer thighs. Lift each dumbbell while contracting at the top of the movement, then lower them while nearly sweeping your outer thighs.

These exercises will get you on your way to strong, nicely formed arms that you never thought possible!

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Photo credit: David Taylor  
Gym: Burn Fitness, burnfitness.com