



the ih8exercise.com guide

how to tone your arms

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So you want to get arms that are more toned. Maybe you want sleeker, thinner arms, or perhaps ones that are stronger and more powerful. Us, too! Toned arms are one of the top goals for many people, along with a sculpted back, thinner thighs, a flat belly, and a tighter, smaller rear end.

While this plan is designed to help you reach your goal, it's important to understand that thinner and/or stronger arms mean eating well, too. You can't "spot reduce"—meaning tone or lose weight in just one part of your body. To get the arms you really want, you need to include cardio/aerobic exercise and especially a healthy diet along with the moves we share here.



getting started

As a beginning exerciser you need to need to know a few important points. These will help ensure you see the results you want—in this case, better arms.

There are three main aspects to this plan:

- * **Resistance (strength) training:** This builds lean muscle.
- * **Cardio:** This burns fat.
- * **Nutrition:** This is what will *really* deliver the results you're looking for.

Cardio leads to fat loss, but too much cardio can lead to muscle loss, which in turn can slow down the rate at which you shed fat. Lean muscle comes from resistance training and can indirectly lead to fat loss. To maximize your weight loss, do both cardio and strength training in moderation and don't try to lose more than a half-pound to 1 pound per week. And definitely talk to your doctor if you have any injuries, health conditions, or other health concerns or questions.

Equipment



- * Mat
- * Resistance band
- * Dumbbells (weight range from 5 to 20 lbs.)

warm-up & cool-down

Warm-up exercises are essential to any workout. When you take a little time to warm up you're preparing your muscles and joints for more intense activity, which helps prevent injury as well as promoting circulation. It also mentally prepares and motivates you for the workout to come.

Just like their name implies, warm-up exercises increase the temperature of the body, making the muscles more flexible and receptive to activity. Warming up should slightly increase your heart rate, but you shouldn't be working at the level you're at during your workout.

Every exercise session should also be followed by a cool-down that gradually lowers your heart rate and stretches all the muscles you've just worked. Resist the temptation to skip your cool-down.

easy warm-up

1. Start by doing an easy march in place; this will increase blood circulation and raise the body's core temperature. Count to 8 as you march and repeat for 3 sets.
2. Starting in a standing position, extend your right leg forward and touch the right heel to the floor as you bend the left (supporting) leg at the knee. As you do this, swing your arms rhythmically from side to side for 10 seconds. Repeat on the left side, extending your left leg forward. That's one set. Repeat for 3 sets.
3. From standing, lift your right knee as you raise your arms and reach toward the ceiling. Lift from the hip socket, keeping spine lifted and drawing in your abdominals. Keep your weight centered in your hips and over your heels. Reach your left arm up and over to the right to lengthen your waistline and back. Lower your foot back to the ground. Repeat on the other side, lifting your left knee and reaching your right arm over to the left. Come back to center, lowering your left foot. That's one set. Repeat for 3 sets.
4. Come back to your easy march for 1 to 3 minutes.
5. Finish your warm-up with 1 to 2 minutes of Jumping Jacks.

The warm-up should be intense enough to increase your body temperature, but not so strenuous that you end up feeling very tired. A rule of thumb: Work hard enough to break a mild sweat.

easy cool-down

Every exercise session should also be followed by a cool-down that gradually lowers your heart rate and stretches all the muscles you've just worked. Resist the temptation to skip your cool-down.

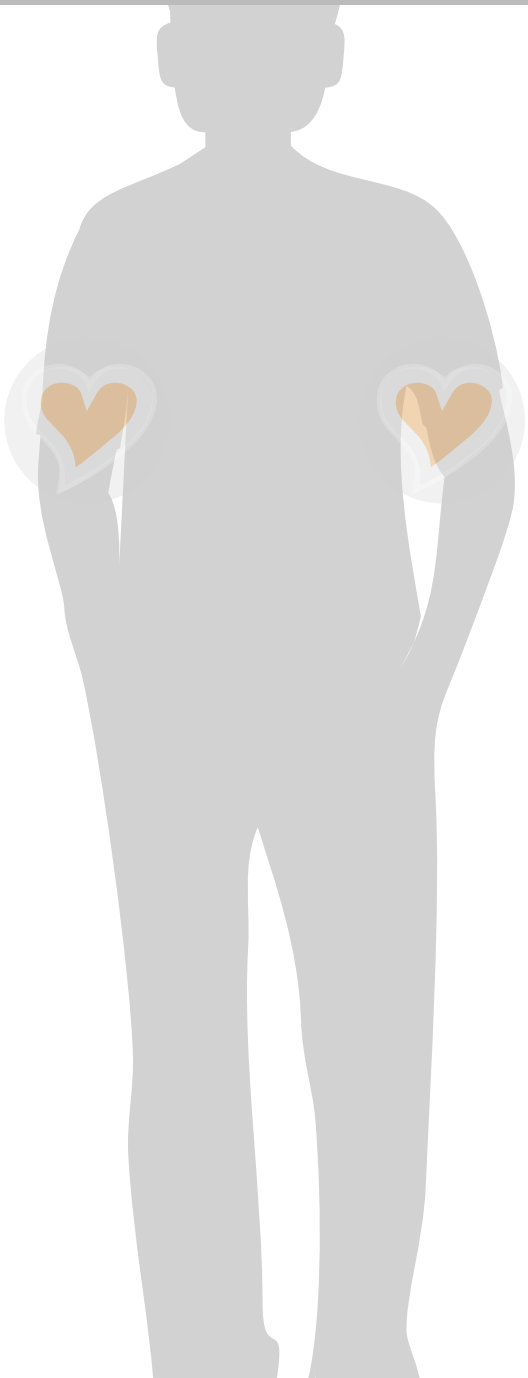
Stretching now can do a lot to increase your range of motion and enhance your overall flexibility, because the muscles are warm and therefore more pliable. As a cool-down to your aerobic workout, first slow the pace of your activity for a few minutes, then top off the workout with some stretching.

As you stretch, try to do so down the length of the muscle (not just in one area); this is especially helpful in the lower legs and back, which are often tight. Stretch to a point of slight tension (never pain!) and do every stretch slowly and gently. (Bouncing or stretching too fast can lead to muscle and tendon injuries.)

Gentle, slow stretching, on the other hand, may help prevent injury and will decrease muscle soreness. Stretching slowly also gives you time to relax and concentrate on your exercise form and it allows you to unwind psychologically and make the switch to the rest of your day or evening.

As you start each stretch, inhale and then exhale your breath as you relax into the stretch. Exhaling as you relax allows you to further lengthen the connective tissue; in other words, as tension is released, the stretch increases. Hold each stretch for 30 to 60 seconds, remembering not to bounce in the stretch. Take a few moments in each stretch to think about how you're feeling in each movement.

the "how to tone your arms" plan



Want to know a secret? Creating a workout and eating plan that is **realistic**—*something you can actually do every day, every week*—is one of the things that'll make you most likely to succeed at both. When you build exercise into your life in a way that's doable, you're a whole lot more likely to stick with it. And that's the key to both exercise and weight loss. It may take longer to lose the weight you want and/or get stronger/leaner arms, but you're more likely to get there in the end if you can stick to a plan.

As you start this program to get toned arms, remember that your body needs time to rest between strength-training workouts. Schedule at least one rest day between two resistance-training days. As a beginner, **start with three days of resistance training per week**, such as Monday, Wednesday, and Friday.

Add in, too, **three days of cardio per week along with the days you strength-train**. You can do cardio on the same days as you do resistance training, if you like—such as doing your cardio for 30 to 60 minutes, followed by a strength session. You can also schedule cardio days to follow resistance-training days; this makes sense if scheduling both cardio and resistance training on the same day feels too demanding for your body.



If you're trying to drop pounds and are new to exercise, it can be tough to know exactly what's right for you. Here's a weekly schedule to start that'll help you get in all the different kinds of workouts and still see results:

MON	TUES	WED	THU	FRI	SAT	SUN
Cardio* (30 minutes)	Strength Training	Cardio* (30 minutes)	Strength Training	Rest	Cardio* (30 minutes) + Strength Training	Rest

**For your cardio days you can mix up the types you do, including running, walking, swimming, elliptical trainer, biking, stairs or any other type of cardio exercise you enjoy.*

On the days you strength-train you should focus on full-body movements (meaning you should work some of your lower body, upper body, and core) along with emphasizing one body part (upper or lower body or core). In other words, maybe on Tuesday you do a little more core work, on Thursdays you add more arms (with, say, Bicep Curls), and Saturday you add more Weighted Squats for your legs, along with the other moves you do.

the workout



Warm up before every workout for about 5 to 10 minutes. Good moves to get your blood pumping: marching in place, Jumping Jacks, and High Knees (jogging in place, lifting knees as high as you can, as quickly as you can).

The workouts to tone your arms will include bodyweight moves (the two Circuit Workouts included here) and cardio.

The Exercise Program

You have two options for a circuit (a circuit simply means that you'll do each exercise, in the order listed, one right after the other). For this workout you will do 10 repetitions of each move, or go for time, depending on what's indicated for each circuit. Choose one of the circuits you like, but try to mix them up over the course of the week.



circuit #1

For each of the 3 circuits on the next pages you will be doing each of the exercises for repetitions or time.

Complete the designated amount indicated next to each exercise, then repeat the circuit for one to two more sets.

Use a weight that challenges you, but doesn't push you to a quick failure, (meaning you have to stop before finishing each rep).

Some exercises may require you to use a lighter dumbbell or band. If you're just starting out, use a weight you can handle for each exercise to complete all sets of the entire circuit.



warm-up

Click on any move to learn how to do it.



Overhead Press: 10 reps



Bent-Over Triceps Extension: 10 reps



Triceps Dip: 5 reps



Lateral Shoulder Raise: 15 reps



Push-ups: 5 reps

Circuit 1 Continued »



Circuit 1 Cont. »



Bicep Curl: 15 reps



Overhead Press: 10 reps



Lateral Shoulder Raise: 10 reps



Upright Triceps Extension: 15 reps



Plank: Hold for 30 seconds

cool-down



circuit #2

Keep your upper body moving throughout this circuit, resting as little as possible in between exercises.

After you complete each exercise, repeat the whole circuit one or two more times.

If you can't repeat the circuit when you start, gradually build up to doing so at your own pace.



warm-up

Click on any move to learn how to do it.



Push-up: 10 reps



Triceps dip: 20 reps



Bent-Over Triceps Extension: 20 reps



Bicep curl: 30 reps



Plank: 40-second hold



Jumping Jack: 50 reps

Circuit 2 Continued »



Circuit 2 Cont. »



Plank: 40-second hold



Bicep Curl: 30 reps



Bent-Over Triceps Extension: 20 reps



Triceps dip: 20 reps



Push-up: 10 reps

cool-down



circuit #3

For this circuit, focus on doing every repetition with smooth, controlled movement.

Choose a dumbbell weight or resistance band that will allow you to complete the number of reps indicated for each exercise. (If you can't complete the number shown drop down to a lighter weight or a band with less resistance, but try not to choose weight/resistance that's too easy either.)

When you do the jumping jacks make sure you push yourself to increase your heart rate during that time. You should be breathless after the jumping jacks, but not dizzy.

If you can't do jumping jacks march in place instead.

Once you've completed Circuit #3 take a 90-second break and repeat the entire circuit one more time.



warm-up

Click on any move to learn how to do it.



Jumping Jacks: 1 minute



Push-up: 10 reps



Bicep Curl: 20 reps



Overhead Press: 10 reps



Push-up: 10 reps

Circuit 3 Continued »



Circuit 3 Cont. »



Circuit 3 Continued »



Circuit 3 Cont. »



Push-up: 10 reps



Overhead Press: 12 reps



Bent-Over Triceps Extension: 15 reps



Triceps Dip: 10 reps



Plank: 30-second hold

cool-down



Cardio—also known as aerobic exercise, or basically anything that gets your heart rate up for a period of time—is one of the quickest and most efficient ways to burn calories. (It's also one of the reasons most people don't like to work out; it can be uncomfortable, boring, and even painful.) That said, as its nickname implies, cardio improves cardiovascular health and is essential for losing unwanted fat—including the extra jiggle on your arms.

Not sure how hard you should be exercising while doing cardio? If you can talk while you're working out, you're probably moving at a pace that's right for you. If you are too breathless to talk, slow down a little. If you can sing while you're exercising, though, you may not be working hard enough—so it's time to pick up the pace!

To fill in the cardio portion of your plan to get better arms, choose one to three aerobic activities that you enjoy doing (or the ones you hate the least). A few ideas: swimming, hiking, running, cycling, Zumba, jump rope. **You'll do each for at least 30 minutes.**

Beginners should start slowly, with a basic cardio program and a full-body resistance (strength/weight) training routine. As we mentioned before, you need to have recovery days to allow your body to rest and your muscles to heal from your new routine.

A good beginner program includes two or three days of cardio and two or three days of strength training per week. Once you've been exercising for a while you can switch things up. If your goal is to lose weight, shoot for 20 to 45 minutes of cardio about three or four times a week or more if you feel up to it. You can do cardio and weight training on the same day, depending on your time constraints and how you feel.

cardio: interval training



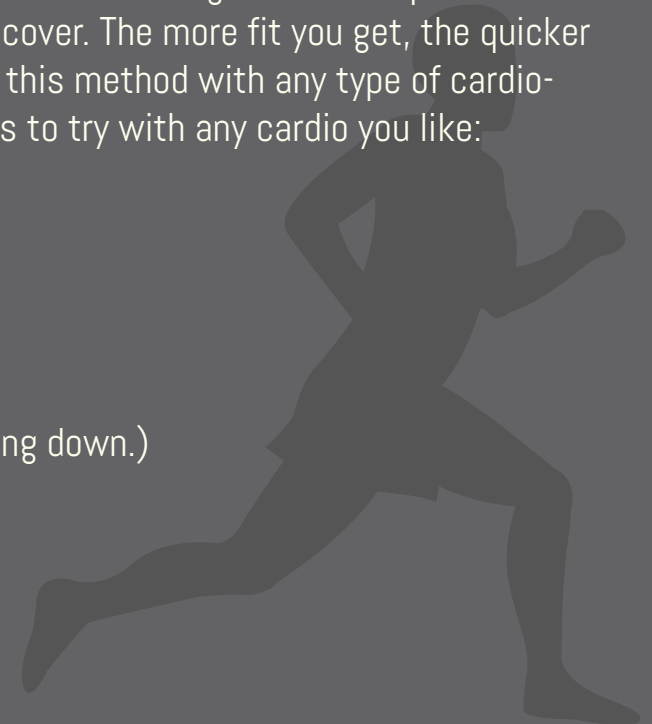
Interval training simply means bouts of exercise where you go fast or hard for a period of time—say, 30 seconds—and follow that all-out burst with a short recovery time. You keep repeating these intervals of fast/hard training with periods of recovery. The benefits of interval training can be substantial: You'll burn more calories during and after your workout, get faster and stronger, and increase overall cardiovascular fitness. Interval training also helps relieve boredom since you're varying what you do throughout the whole workout.

Interval training can be done on a treadmill, hiking, swimming, jumping rope—with all kinds of workouts and activities. The key is to not allow your body to get comfortable during the workout; if you can continue challenging yourself, intervals will become a valuable part of your regimen and ultimately increase your fitness.

The length of the intervals can vary. One minute is a good starting point, but if you're a beginner, you can start at 30 seconds. As you get fitter and stronger, you may want to make each interval 2 minutes. The goal is to keep the recovery period as short as possible, while still allowing your body enough time to recover. The more fit you get, the quicker your body will recover and the shorter your recovery period can be. You can use this method with any type of cardio—running, fast walking, swimming, elliptical training, etc. Here are some intervals to try with any cardio you like:

- * 1 minute work; 30 seconds active rest/ recovery
- * 45 seconds work; 20 seconds active rest/ recovery
- * 30 seconds work; 15 seconds active rest/ recovery
- * 20 seconds work; 10 seconds active rest recovery

(Active recovery means you are moving; you are not sitting, standing still, or lying down.)





Here are two samples of interval workouts:

Treadmill Cardio:



Warm-up: 10 minutes at 3.0 mph
Gradually increase the setting on the treadmill to 4.5 mph and allow your body to adjust to this speed:

Run: 1 minute at 4.5 mph
Recover: 1 minute at 3.5 mph
Run: 1 minute at 5.0 mph
Recover: 1 minute at 3.5 mph
Run: 1 minute at 5.5 mph
Recover: 1 minute at 3.5 mph

Continue to increase the speed by a half-mile at each interval and repeat this pattern for 10 to 20 minutes.

Cool-down: 10 minutes at 3.0 mph

Jump-rope Cardio:



Start with a 5-minute stretch and warm-up. A good way to warm up for this interval workout is to march in place, bringing your knees into your abdomen, or jump lightly in place without a jump rope (or imaginary rope). One jump equals 1 rep.

30 seconds of jumping rope (do as many reps as you can for all these intervals)
30 seconds of active recovery
30 seconds of jumping rope
30 seconds of active recovery
1 minute of as many reps as possible
90 seconds of active recovery

Repeat this circuit four times.

Cool- down

In total, this interval training routine should take you about 25 to 30 minutes. Make sure you don't rest any longer than indicated between sets: This is an essential part of interval training—you need to keep your body moving!

As you finish up your cardio and strength workouts don't forget about stretching—it's an important part of all your training. Not only will it help counter the soreness that typically follows a workout, it also lengthens the muscles, improving range of motion and flexibility, and helps prevent injury.



Maybe you've heard the expression "abs are made in the kitchen." It means that if you want a flat, toned belly, you need to eat well, not just do crunches or even lots of cardio. What you put into your mouth matters *hugely*, in other words.

The same is true of any body part—including your arms: *Everything* starts in the kitchen. So with that in mind, you'll need to clean up your diet (meaning what you eat *and* drink) along with following the cardio and strength-training program offered here. Here are some guidelines to keep you on the right path to your goal of getting toned, strong guns:



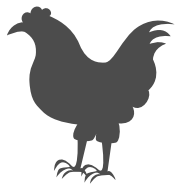
1. Out of Sight, Out of Mind: Clean out your refrigerator and pantry and get rid of anything that's loaded with sugar and fat; is processed; or foods that are fattening and/or unhealthy that you know you'll eat too much of. These foods not only add empty calories and fat, they will also make you feel tired, making it that much harder to stick to regular exercise. Worst of all, because they don't provide the energy you need you'll want to eat more to get more energy or feel better. This creates a vicious cycle.



2. Use Exercise As a Release: When you feel you might binge, a workout is a great way to elevate your mood and get your mind off food. It may be hard to see exercise this way right now, as you're just getting started, but try to turn to a quick workout the next few times you feel a craving coming on and see if it works for you. Even five or 10 minutes of moving your body (dancing around your house or doing a little cleaning count) can switch your mood or even just distract you from eating or drinking something that will interfere with your goals to get more fit and toned.



3. Eat Balanced Meals: This is one of the most important things you can do to prevent overeating. When you're regularly supplying your body with food about every three to four hours you'll never reach the point where you feel like you're starving. When you skip meals, though, you'll easily find yourself starving reaching for anything you can. You should have three balanced meals, spaced out every three or four hours, with a snack between lunch and dinner. That's the ideal meal plan for most people for weight loss. Eating every three to four hours stabilizes your blood sugar, optimizes insulin production and manages hunger. Your body will use your energy stores and burn more fat.



4. Get Plenty of Protein: Eating lots of lean protein—turkey, chicken, lowfat cheese, cottage cheese, Greek yogurt—throughout the day helps to curb cravings and prevent overeating. Protein shakes can satisfy hunger, too, but choose those that are lower in calories.



5. Eat Your Veggies: Yes, we had to say it. You know this already, but it's a biggie so we had to repeat it. If nothing else, stick to green, (most) orange, and red vegetables. And if you can't manage that, simply go green: broccoli, asparagus, green beans, spinach, kale, zucchini, and the like. Why these? Beyond the nutrients they provide (for very few calories and no fat, we might add) these vegetables prevent spikes in insulin; that means your blood sugar stays stable and so does your energy level throughout the day. When your insulin levels fluctuate a lot you'll feel hungrier more often, more tired and will have more cravings.



6. When It Comes to Carb, Go Complex: Choose whole grains and brown rice over white breads and rice. Not only are these complex carbs more satisfying and filling, they'll keep your blood sugar stable, which will help prevent overeating.



7. Drink Plenty of Water: Now that you're exercising most days of the week, you need to be sure you're properly hydrated. (Being dehydrated also makes your workouts feel a lot harder.) So make sure you drink lots of water and other low- or no-calorie drinks throughout the day (this doesn't include diet soda, which should not be part of your diet). Drinking a lot of water has another benefit: It keeps you feeling more full throughout the day.

Without good nutrition your body can't properly store muscle and may even eat away at muscle—making it that much harder to reach your goal of getting toned arms.

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