

Male Arm Workout Chart– BA072

Description	<p>◆ Enhancing the size, shape, and strength of arms are important to the male and female physique. Attaining arm strength and size comes much easier by following this Arm Workout Poster exercise chart providing specific instructions and detailed illustrations by world famous artist Bruce Algra. The importance of knowing which exercises to do and how to do them properly is key to working out efficiently and safely. Get started with obtaining your arm goals by following this body building, fitness, and workout routine.</p>
Details	<p>1. Dimension: 24" x 36"</p> <p>2. Material: gloss paper laminated with clear polyester both sides</p>
Image	<p>BICEPS & FOREARM WORKOUT</p> <p>BARBELL CURL</p> <ol style="list-style-type: none"> 1. Grasp the barbell about shoulder width. 2. Your arms are extended with the barbell resting on your thighs. 3. Slowly curl the barbell up toward your shoulders. 4. Slowly return the barbell to the starting position and repeat. <p>CONCENTRATION CURL</p> <ol style="list-style-type: none"> 1. Grasp the dumbbell with one hand and rest the back of your arm against your thigh. 2. Your arm should be extended and your legs spread apart. 3. Slowly curl the dumbbell up toward your shoulder. 4. Slowly return to the starting position and repeat. 5. Switch to the other arm after you rest in between. <p>ALTERNATE DUMBBELL CURL</p> <ol style="list-style-type: none"> 1. Sit with your feet shoulder width. 2. Grasp dumbbells and extend your arms off your sides. 3. Slowly curl one dumbbell up toward your shoulder. 4. Slowly return the dumbbell to the starting position and alternate with the other arm. <p>REVERSE CURL</p> <ol style="list-style-type: none"> 1. Grasp the barbell with an overhand grip with your arms extended, and the barbell resting on your thighs. 2. Slowly curl the barbell up toward your shoulders. 3. Slowly return the barbell to the starting position and repeat. <p>DUMBBELL CURL</p> <ol style="list-style-type: none"> 1. Sit on the bench holding the dumbbells at your sides. 2. Slowly curl the dumbbells up to your shoulders. 3. Slowly lower the dumbbells to the starting position and repeat. <p>PREACHER CURL</p> <ol style="list-style-type: none"> 1. Grasp the dumbbell and extend your arm over the angled preacher bench. 2. Slowly curl the dumbbell up toward your shoulder. 3. Keep the back of your arm in contact with the bench at all times. 4. Slowly return the dumbbell to the starting position and repeat. <p>MUSCLE COLOR CODE</p> <ul style="list-style-type: none"> BICEPS BRACHII BRACHIORADIALIS WRIST EXTENSORS WRIST FLEXORS <p>REVERSE WRIST CURL</p> <ol style="list-style-type: none"> 1. Sit with your forearm resting on your thigh with your wrist hanging past your knee. 2. Slowly extend your wrist to as high as possible, keeping your forearm on your thigh. 3. Slowly return the dumbbell to the starting position and repeat. <p>WRIST CURL</p> <ol style="list-style-type: none"> 1. Sit with your forearm resting on your thigh holding a dumbbell. 2. Slowly curl the dumbbell up as high as possible, while keeping your forearm on your thigh. 3. Slowly return to the starting position and repeat. 4. Switch to the other arm after you rest your self.