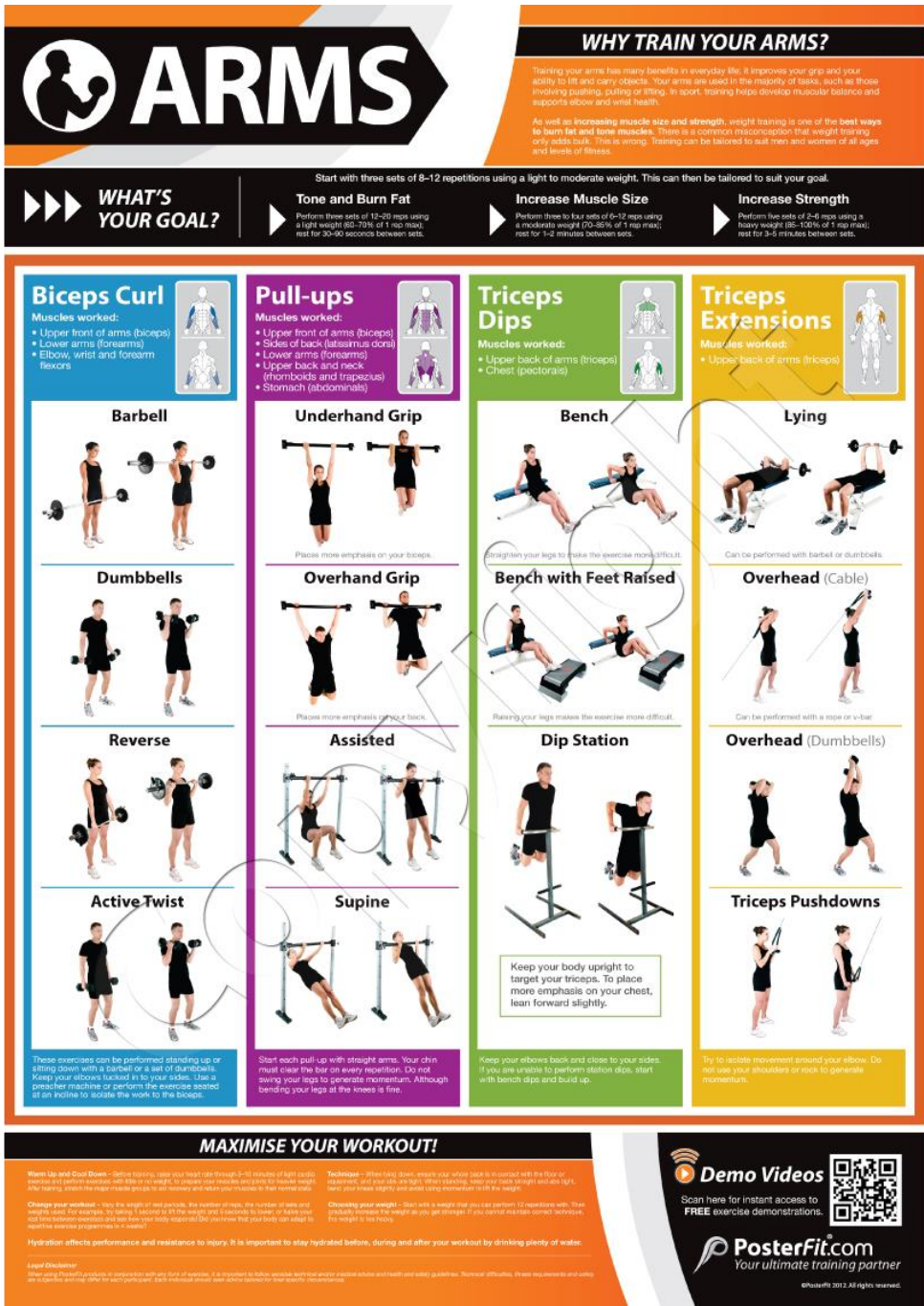


Arms Exercise Chart– PT007

<p>Description</p>	<ul style="list-style-type: none"> ◆ The Arms Exercise poster is a fantastic reference point for gym users of all abilities, providing an extensive range of arm exercises, training tips and advice. ◆ The chart identifies the everyday benefits of training your arms and highlights how weight training can be used with great effect for different goals; from muscle-gain to fat-loss. ◆ Exercises included: Biceps Curl, Pull-ups, Triceps Dips, Triceps Extensions
<p>Details</p>	<ol style="list-style-type: none"> 1. Dimension: 840 x 594 mm (A1 Size) 2. Material: 200gsm gloss paper laminated with 75 Micron clear polyester both sides
<p>Image</p>	 <p>ARMS</p> <p>WHY TRAIN YOUR ARMS?</p> <p>Training your arms has many benefits in everyday life. It improves your grip and your ability to lift and carry objects. Your arms are used in the majority of tasks, such as those involving pushing, pulling or lifting. In sport, training helps develop muscular balance and supports elbow and wrist health.</p> <p>As well as increasing muscle size and strength, weight training is one of the best ways to burn fat and tone muscles. There is a common misconception that weight training only adds bulk. This is wrong. Training can be tailored to suit men and women of all ages and levels of fitness.</p> <p>Start with three sets of 8-12 repetitions using a light to moderate weight. This can then be tailored to suit your goal.</p> <p>WHAT'S YOUR GOAL?</p> <ul style="list-style-type: none"> Tone and Burn Fat Perform three sets of 12-20 reps using a light weight (80-70% of 1 rep max); rest for 30-90 seconds between sets. Increase Muscle Size Perform three to four sets of 6-12 reps using a moderate weight (70-85% of 1 rep max); rest for 1-2 minutes between sets. Increase Strength Perform five sets of 2-6 reps using a heavy weight (85-120% of 1 rep max); rest for 3-5 minutes between sets. <p>Biceps Curl Muscles worked: • Upper front of arms (biceps) • Lower arms (forearms) • Elbow, wrist and forearm flexors</p> <p>Pull-ups Muscles worked: • Upper front of arms (biceps) • Sides of back (latissimus dorsi) • Lower arms (forearms) • Upper back and neck (rhomboids and trapezoid) • Stomach (abdominals)</p> <p>Triceps Dips Muscles worked: • Upper back of arms (triceps) • Chest (pectorals)</p> <p>Triceps Extensions Muscles worked: • Upper back of arms (triceps)</p> <p>Barbell Dumbbells Reverse Active Twist Underhand Grip Overhand Grip Assisted Supine Bench Bench with Feet Raised Dip Station Lying Overhead (Cable) Overhead (Dumbbells) Triceps Pushdowns</p> <p>MAXIMISE YOUR WORKOUT!</p> <p>Warm Up and Cool Down – Before starting any exercise you should do 5-10 minutes of light cardio exercise and perform stretches with slow weights to loosen your muscles and prevent muscle tears. The longer you stretch the more you will loosen and relax your muscles to their normal length.</p> <p>Change your workout – Vary the weight of your weights, the number of sets, the number of reps and weight used. For example, to build 10 pounds in 4 weeks you'll need to lose or gain one or two pounds every week. Use the following guidelines to see how your body responds. Do this every 2-3 weeks and you can see the positive changes in 4 weeks.</p> <p>Hydration affects performance and resistance to injury. It is important to stay hydrated before, during and after your workout by drinking plenty of water.</p> <p>Legal Disclaimer This is a fitness poster and is not intended to be used as a substitute for professional medical advice and should not be used for medical diagnosis, treatment or prevention. It is not intended to be used as a substitute for professional medical advice and should not be used for medical diagnosis, treatment or prevention.</p> <p>Demo Videos Scan here for instant access to FREE exercise demonstrations.</p> <p>PosterFit.com Your ultimate training partner</p> <p>©PosterFit 2012. All rights reserved.</p>