

ARM STRENGTHENING EXERCISES

Push-Up



- Kneel on all fours with the hands a little wider than shoulder width
- Straighten your legs out behind you so that your weight is distributed between your hands and toes
- Bend the elbows outwards to lower the chest towards the floor
- Push back up to the starting position

Variations & progressions

- To make the exercise easier, maintain the all fours kneeling position
- Push your hips forwards so that the weight is on the hands
- Bend the elbows outwards to lower the chest towards the floor

Muscles worked - Pectoralis Major, Triceps Brachii, Anterior fibres of Deltoid, Serratus Anterior

Tricep Dips



- Sit with your back to a bench or chair
- Place your hands on the bench so your fingers are pointing to you
- Lift your buttocks off the ground and straighten your legs so only your heels are on the floor
- Bend your elbows out behind you to lower your buttocks towards the floor
- Push back up until your elbows are straight

Muscles worked - Triceps Brachii, Pectoralis Major

Bicep Curl



Stand up and hold one dumbbell with each hand down the side of your body, palms facing each other.

Raise both dumbbells until they reach your shoulders' height and slowly lower them back down after a short pause.

If you don't have dumbbells a can of beans will do the job!

Muscle worked – Bicep Brachii