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## OUR FITNESS SPECIALIST

**NICOLE SEYMOUR**

*"Join me in learning the best kept secrets used by fitness and figure cover models to achieve that lean and healthy look, ensuring you get the most from your time spent in the gym."*

## GETTING THE FITNESS LOOK

Part 2 of 5 in the **fitness** complete body workout series

**Today's fashion trends lend themselves more and more to women showing off their beautiful, sleek, lean and sexy arms.**

There is definitely a new appreciation for toned female biceps and triceps, as an increasing number of women choose to go sleeveless. So, if you want to look fabulously elegant and sexy in those sleeveless dresses and sexy tops, now is the time to work your muscles in order to tone, sculpt and tighten them into the best possible shape ahead of Spring and Summer.

The secret to getting your arms into tank top shape is simple... Stick to the basics! Weight training is the best way to lose those droopy, hanging triceps that so many ladies dread. To get started on sculpting your sexy,

toned arms perform the following exercises with correct technique, sticking to a regular exercise programme and calorie controlled nutrition plan, and you'll soon find the arms of your dreams.

**FULL  
BODY  
PART 2**

# Strong & Toned Arms

BY NICOLE SEYMOUR Fitness Essentials

PHOTOGRAPHY Slade Pure Studios

MODELLED BY Nicole Seymour & Tasmin Montgomery



## seated dumbbell curl

**FORM** Sit on a bench with your feet firmly placed shoulder width apart. Hold a dumbbell in each hand at your side, with palms facing toward the side of the thigh and arms straight down.

**MOVEMENT** Tighten the stomach muscles and core. Lift one dumbbell toward the shoulder in a curling movement, rotating the arm as it moves up so that the palm with the dumbbell faces the shoulder. Perform one arm at a time. Lower the dumbbell and repeat with the opposite arm for the required reps.

Checkpoints: Don't curl the dumbbell so far up that your elbow leaves your side, your upper arm should remain in position throughout the movement. Keep your torso still during the curl, resisting the urge to rock.

## concentration curls

**FORM** Sit on a bench with feet firmly placed on the floor. Hold the dumbbell in one hand with the arm hanging loosely against the inner thigh. Place the other hand on your leg for support during the movement. Keep your core contracted and back straight, while keeping your head steady. Remember to exhale on exertion.

**MOVEMENT** Curl the weight upward by bending at the elbow while keeping the upper arm firmly placed against the inner thigh of the leg. Keep your back straight and your head and neck steady. Slowly lower the weight back down to the starting position.



Keep the arm slightly bent at the bottom of the movement. Do not allow your elbow to lock out.

## preacher curls

**FORM** Stand behind an angled bench with legs slightly bent holding a dumbbell in one hand, palm facing upwards. Alternatively you can sit on the seated preacher curl machine. Whichever you prefer, ensure that the back of your upper arm is completely supported on the pad.

**MOVEMENT** Lift the dumbbell up towards you, ensure your upper arm remains in contact with the pad at all times. Slowly lower the dumbbell back down to the start position. Repeat movement with other arm.



Make sure that your arm remains slightly bent at the bottom of the movement.

Ensure your upper arm remains in contact with the pad at all times.



# Get to know your body better...



The workouts incorporate exercises targeted at the four main muscle groups; **Biceps Brachii**, **Brachialis**, **Coracobrachialis** & **triceps**

## BICEPS BRACHII:

This muscle has two (bi-) heads  
**Function** Bends the arm at the elbow and turns the forearm palm-up.

**Location** The two points (one for each head) originates on the deep anterior, superior part of the scapula. These points are the glenoid fossa and the coracoid process and they insert on the anterior surface of the radius below the head.

## BRACHIALIS:

**Function** Bends the arm at the elbow.

**Location** Originates on the anterior surface of the humerus and inserts on the anterior surface on the head of the ulna.

## CORACOBRACHIALIS:

**Function** Adducts the upper arm and lifts it forward.

**Location** Originates on the coracoid process of the scapula and inserts on the mid-point on the medial side of the humerus.

## TRICEPS:

This muscle has three (tri-) heads  
**Function** Extends the arm at the elbow.

**Location** The medial and lateral heads attach to the posterior surface of the humerus. The long head attaches to the lower border of the scapula, close to the arm socket. All three heads attach to the tricep tendon, which inserts into the base of the ulna on its posterior side. This point is called the olecranon.



## hammer curls

**FORM** Stand with your feet about shoulder width apart with a dumbbell in each hand at your sides, with your palms facing in towards your leg.

**MOVEMENT** Slowly curl the dumbbell up, one at a time, keeping your elbows tight against your body until your thumbs face your shoulders. Squeeze and pause briefly at the top of the movement, then return the weight to its starting position.

Keep your elbows close to your body throughout the whole movement. If you find that your elbows are moving forward when executing the move lower your weight. It's important not to curl the weight past the point where tension leaves the forearm and bicep.

## FACTS ABOUT THE HAMMER CURL

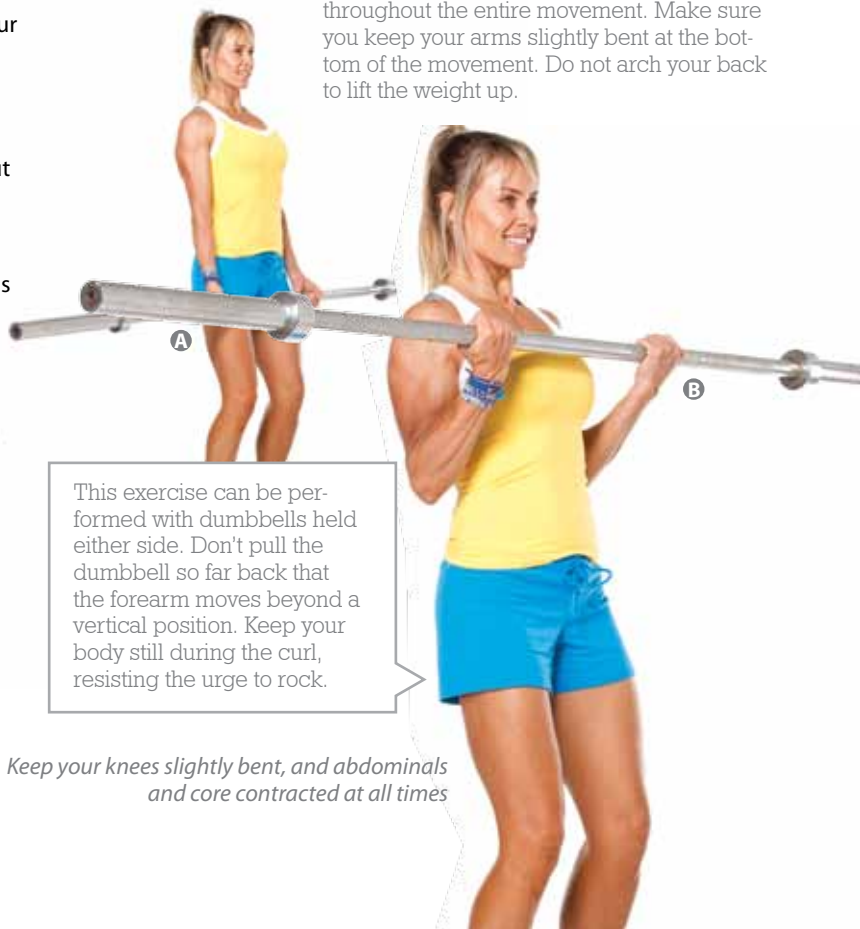
The main difference between the hammer and a standard dumbbell curl is that you keep your thumbs pointing towards you, with your wrist in a locked position throughout the movement, with no supination. With the

hammer curl you get more forearm involvement and it is a good variation to use for mixing up your arm workout because it works the arm from a different angle, developing an elongated bicep brachii, which gives the biceps and forearms a better overall look.

## standing barbell curls

**FORM** Stand with your feet about shoulder width apart, keeping your knees slightly bent. Hold a barbell with your hands about shoulder width apart, palms facing forward.

**MOVEMENT** Lift the bar up towards your chest in a semi-circular movement, keeping your elbows close to your side. Lift the bar as far up as possible, focusing on contracting your biceps. Slowly lower the bar back down to the starting position, keeping your elbows close to your side. Do not allow your arms to hyperextend at the bottom of the movement.



Keep your elbows close to your side throughout the entire movement. Make sure you keep your arms slightly bent at the bottom of the movement. Do not arch your back to lift the weight up.

This exercise can be performed with dumbbells held either side. Don't pull the dumbbell so far back that the forearm moves beyond a vertical position. Keep your body still during the curl, resisting the urge to rock.

*Keep your knees slightly bent, and abdominals and core contracted at all times*



## 21s

**FORM** Stand with your feet about shoulder width apart and your knees slightly bent. Hold a barbell with hands positioned about shoulder width apart.

**MOVEMENT** Slowly lift the bar halfway up until the bar is parallel with the floor and return to the starting position. Do this for 7 reps. Then, without stopping, bring the bar all the way up. On the descent stop half way down, when the bar is parallel with the floor. Do this for 7 reps. Then, without stopping, do 7 full barbell curls.

*"Use weights that allow a smooth and controlled motion. This will stop you from cheating"*

## bosu ball bicep curl

**FORM** Step onto the blue side of the Bosu Ball, placing your feet hip-width apart. Hold one dumbbell in each hand. Bend your knees slightly and engage your core muscles.

**MOVEMENT** Curl both arms up into a bicep curl and then slowly lower the weights without completely straightening your arms. Alternate your arms and once you are able to balance lift both arms together. This will be a little more challenging. When you can perform the above with correct form, flip the Bosu Ball onto the black side and repeat. This is a fairly advanced variation.

Regular bicep curls will increase the muscle strength in your biceps, but performing bicep curls on a Bosu Ball will improve your balance and core strength, and will burn more calories as well. The Bosu Ball may be difficult to balance on at first, but you will get better with practice. Start with light weights and slowly progress.

## ADVANCED EXERCISES

One should only attempt advanced exercises once a solid foundation has been built up through correct strength training progression. Attention to form is key to preventing injuries.





## dips

**FORM** Begin by sitting on a bench or step with your hands next to your thighs. Balance on your arms while slowly moving your bum in front of the bench or step, keeping your legs slightly bent.

**MOVEMENT** Bend your elbows and slowly lower your body downwards, keeping your shoulders away from your ears and your elbows parallel to one another. Lower yourself until your arms make a 90 degree angle. Push back up to the starting position. If you have any wrist or shoulder problems be wary of performing this exercise.



Keep your elbows close to your sides to stop them from flaring outwards. Keep your bum as close to the bench or step as possible.



## kickbacks

**FORM** Place your left hand and left knee comfortably on a bench. Ensure your back remains flat with your core contracted. Hold a dumbbell in one hand.

**MOVEMENT** Start the movement by bending the right arm at the elbow joint and pulling the elbow up to torso level. Holding that position, slowly straighten the right arm out behind you, squeezing the tricep muscle. Bend your arm back to the starting position by flexing at the elbow.



Ensure you keep your back flat and your abs and core contracted throughout the entire movement. Avoid swinging the arms in order to get the weight up.



Don't hold the bar with your hands too close together. Make sure your hands are about shoulder width apart. Keep your arms close to your body when lowering the bar down. Avoid locking your arms out at the top of the movement.



## close grip bench press

**FORM** Lie on your back on a flat bench. Place your feet firmly on the floor or a raised platform, or at the edge of the bench. Hold a barbell with a grip that is about or slightly narrower than shoulder width apart, with your palms facing up.

**MOVEMENT** Lower the barbell slowly down towards your chest keeping your elbows as close to your body as possible. Push the bar back up to the start position, keeping your arms slightly bent at the top of the movement.

## one arm tricep extension

**FORM** Sit on a bench with or without a backrest (use a back rest if you are a beginner). Place your feet firmly in front of you on the floor, about shoulder width apart. Hold a dumbbell in one hand and raise it straight up over your head with your palm facing forward.

**MOVEMENT** Keeping the arm in the static overhead position, slowly lower the dumbbell down towards your back, going as low as possible by bending at the elbow. Push back up to the starting position, keeping the arm as still as possible and slightly bent at the top of the movement.



The only movement that should occur during this exercise should be at the elbow joint. Don't allow the upper arm to drop. This exercise may be done with one arm at a time, or with both hands holding a dumbbell. Make sure you do not arch your back.

## lying tricep extension

**FORM** Lie on your back on a bench, with your feet placed firmly on the ground, platform or at the end of the bench. Hold a dumbbell in either hand above your chest with your hands shoulder width apart.

**MOVEMENT** Slowly lower the dumbbells down towards your forehead in a semicircular movement by bending the elbows, while your upper arms remain still. Lower the dumbbells until they reach either side of your head, then push the dumbbells back up again by extending the elbows.



Ensure you lower the dumbbells slowly down towards your head. Keep your upper arms still.

This exercise may also be done with a barbell or E-Z bar.



Do not allow your back to arch! **PUSH-UP DON'T'S**

Move slowly and concentrate on only using your triceps to do the work. Keep your entire body straight with your back and core contracted at all times.



## tricep push ups

**FORM** Place your hands at about or slightly narrower than shoulder width apart on the floor in a push up starting position.

**MOVEMENT** Slowly lower your chest, keeping your elbows as close as possible to your body, going as far down as possible. Push yourself back up to the start position. Make sure your arms stay parallel. If you are unable to do a proper push up you can place your knees on the ground to shorten the lever point and reduce the stress in the movement.

Ensure that your back remains flat. Keep the leg that you are standing on slightly bent at all times.



## ADVANCED MOVE

### weighted dips

**FORM** Sit on a bench with your hands next to your thighs. Place a weight comfortably across your legs and place your feet on a raised surface in front of you, so that your knees remain slightly bent. To make it a little more difficult, you may use an unstable surface, such as a physio ball. Balance on your arms while slowly moving your bum in front of the bench, keeping your legs slightly bent.

**MOVEMENT** Bend your elbows and slowly lower your body downwards, keeping your shoulders away from your ears and your elbows parallel to one another. Lower yourself until your arms create a 90 degree angle. Push back up to the starting position. If you have any wrist or shoulder problems, be wary of performing this exercise.



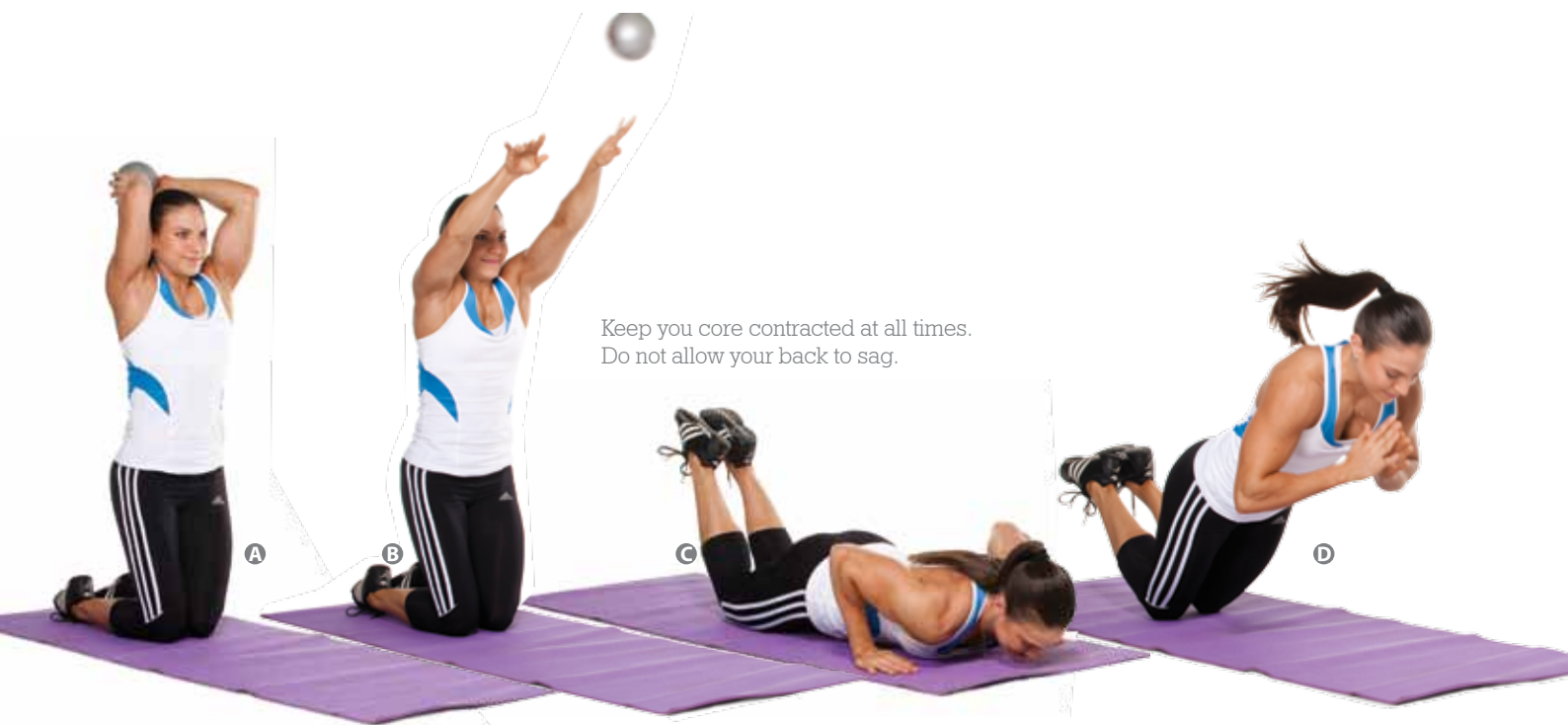
### lying tricep extension into two close grip bench presses



**FORM** Lie on your back on a bench with your feet placed firmly on the ground, platform or at the end of the bench. Hold a barbell above your chest with your hands shoulder width apart.

**MOVEMENT** Slowly lower the bar down towards your forehead in a semicircular movement by bending the elbows, while your upper arms remain still. Lower the bar slowly until just past the top of your head, then push the bar back up. Now, slowly lower the barbell down towards your chest, keeping your elbows as close to your body as possible i.e. performing a close grip bench press. Push the bar back up to the start position, keeping your arms slightly bent at the top of the movement. Repeat this movement i.e. performing two close grip bench presses.

Ensure you lower the barbell slowly towards your head. Keep your upper arms still when performing the tricep extension. Keep your arms close to your side when performing the close grip bench press.



Keep your core contracted at all times.  
Do not allow your back to sag.

## medicine ball throw and tricep clap push up

**FORM** Kneel and hold a medicine ball overhead with both hands. Keep your elbows up and fairly close together, as if you were doing an overhead tricep extension. Slowly lower the ball down behind your head as far as possible, keeping your elbows close together. Explosively throw the ball as far up and forward as possible. Drop down into a ladies tricep clap push up, keeping your elbows close to your side. Explode back up and perform a clap before landing back in a ladies clap push up again.

### BEGINNER WORKOUT

Seated Dumbbell Curl	3 Sets Of 12 - 15 Reps
Hammer Curls	3 Sets Of 12 - 15 Reps
Concentration Curls	3 Sets Of 12 - 15 Reps
Dips	3 Sets (as many as you can do)
Tricep Push Ups	3 Sets Of 12 - 15 Reps (Ladies Push Up's if you cannot do Push Up's)
Kick Backs	3 Sets Of 10 - 12 Reps either side

### INTERMEDIATE WORKOUT Superset Biceps and Triceps

Standing Barbell Bicep Curl	3 Sets Of 12 - 15 Reps
Lying Tricep Extensions	3 Sets Of 12 - 15 Reps
Preacher Curl	3 Sets Of 12 - 15 Reps
Tricep Push Ups	3 Sets Of 12 - 15 Reps
Standing Dumbbell Curl	3 Sets Of 12 - 15 Reps
Close Grip Bench Press	3 Sets Of 12 - 15 Reps
Concentration Curl	3 Sets Of 12 - 15 Reps
Weighted Dips	3 Sets Of Maximum

### ADVANCED WORKOUT Superset Biceps and Triceps

Bosu Ball Dumbbell Curl	3 sets of 10 - 12
Lying Tricep Extensions	3 sets of 10 - 12
Standing Barbell Curl	4 sets of 10 - 12
Weighted Dips	4 sets of Maximum
Medicine Ball Throw And Tricep Clap Push Up	3 sets of 5 reps
Lying Tricep Extension Into 2 Close Grip Bench Press	3 sets of 8 - 10
21s	1 / 2 sets
Tricep Push Ups	1 / 2 sets of Maximum

## Your Workout

The rep range varies depending on the exercise. I prefer using a lower rep range (10-12) with most of the compound exercises in order to help build strength and a solid foundation. I use a moderate (12-15) to high rep

range (15-20) on isolation exercises as this helps with circulating more blood, "pumping up" the muscle to deliver more nutrients and breaks up the fascia tissue, which in turn assists with achieving the "toned" look. [f](#)

## about Tasmin

This tall, lean fitness athlete is a self-confessed health freak, qualified beautician and super-mom. Tasmin has a black belt in karate and has had a great deal of success overseas as a fitness athlete. She won the Mr and Miss Fitness competition here in SA, and has also jetted off to the US, where she placed 3rd in Fitness America and in the top 10 in the Model America show in Las Vegas. She has also run the Two Oceans marathon and plans on achieving many more awesome sporting feats. (She plans to enter the 2010 USN Face of Fitness competition we hear - Ed). Tasmin uses exercise as her therapy and says she can't live without it, much like her children. Her other passions include her healthy lifestyle, "funny" eating and the sun, and she constantly strives to only do good in life.



This workout proudly features Fitness Essentials athletes

**fitnessessentials**

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