



How to get rid of flabby arms



Most people fail to understand why they have flabby arms in the first place. Is it because women aren't dedicated enough with their training? Is it because the female body is destined to have soft flabby arms? NO!! Its because women have been **LIED** to for decades. The fitness industry has fed you myth after myth when it comes to training in hopes of selling you products.

Women still believe (however not as much as in the past) that if they lift weights they will look like a body-builder. So as a result women go to aerobic classes, do tons of cardio and extremely ineffective workout programs that provide quite frankly little or no results.

Below I have listed the top three tools for success in developing the sculpted, firm and strong arms you want. Apply these simple tips and watch your arms respond like crazy!!

1. EXERCISE SELECTION

There are countless arm exercises that exist, however, not all exercises are equal due to their effectiveness in sending a muscle building signal. Some exercises are better suited for corrective and rehab purposes, other exercises are suited for better movement patterns, and some exercises build muscle causing visible changes at a much faster rate than all the others. These effective muscle building exercises are the ones that figure competitors and bikini competitors choose most because they cause the fastest and greatest change to their physiques. Doing these effective exercises will build more muscle for you than the less effective exercises, resulting in sculpted, tight/toned and defined arms in a relatively short period of time.

So what are these exercises?

The **BEST** and most **EFFECTIVE** exercises for arms done using free weights. These exercises are the 'big movements' like dumbbell or barbell bench presses and rows, pull ups and dips... Followed by isolation movements such as barbell and dumbbell curls, overhead barbell and dumbbell tricep extensions. These movements will send the best adaptation signal and cause your arms to change shape quickly.

2. HEAVIER WEIGHT VS LIGHTER WEIGHT

So let's get one thing straight here... Lifting **HEAVY** weights will **NOT** make you big and bulky like a man!! Let me repeat in case you didn't hear me the first time... Lifting **HEAVY** weights will **NOT** make you big and bulky like a man!! In fact, it'll do just the opposite; it'll tighten and sculpt all over your body, burn fat, and shape your curves exactly how you want them.

Weights that are too light will not build muscle. Lifting heavier weights is what gives you the 'toned' or 'sculpted' look.

How?... When lifting **HEAVY** weights, muscles need to contract harder, this requires more muscle activation and bigger muscle fibres. You cannot recruit the bigger muscle fibres lifting light weights as they are not sending a strong enough muscle building signal.



Sure, you'll build up endurance and burn a little fat, but you won't build any significant muscle that can cause a change in your physique.

So by lifting heavy weights, you recruit the bigger muscle fibres and send a muscle building signal to the body... As a result, your muscles become harder and look more shapely, 'toned' and 'sculpted'.

Another lovely side effect of heavy resistance training is that it raises your metabolism, which increases the number of overall calories you burn during the day. So by adding more lean muscle through heavy strength training, you'll be burning more calories outside the gym, even when you're chillin' on the couch or typing away at work. Win Win!!

Bottom line ladies... Heavy weights build muscle fastest and most effectively.

3. CLEAN UP YOUR DIET

If you have excess fat to lose, it doesn't matter how much time you are spending in the gym. To LOSE FAT, we have to burn more calories than we are eating. If you are looking to lose fat, yet gain muscle, you need to get rid of fat and put lean muscle in its place.

When you cut calories, your body uses energy stores to function properly. The result is a loss of fat, but as well, there is a loss of muscle mass. That's why it is important to eat healthy foods like protein, vegetables, healthy fats and carbohydrates so that you can continue to gain muscle mass. You must take in the right nutrients to help you to build LEAN muscle, to give you that 'toned', 'sculpted' look.

The goal is to aim for FAT LOSS, but at the same time, MUSCLE GAIN.

Hit these three pillars consistently, and your journey towards sculpted strong arms isn't nearly as long as you think... Train in the most effective and proven ways for REAL results.



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Coach Clodagh x

