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HEALTH & FITNESS

# The Best Arm Workout in Under 10 Minutes



by Alyssa Ages



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Despite what the other bros will tell you, you don't need to spend hours in the gym to make **big arm gains**. This 10-minute arm workout will leave you with a strong pump and long-term muscle benefits.

We've incorporated different pieces of equipment and varying grips to challenge your muscles (and your grip strength) to promote more muscle growth. We're also focusing on three main areas of the arms: biceps (hitting the long head and the short head), triceps, and forearms.

Choose weights that will be challenging if you hit the max number of reps but not so heavy that your form suffers. Keep lighter weights nearby in case you need to swap out from one circuit to the next. Move through the **eccentric motion** of each lift slowly to make sure you're not using momentum to power from one rep to the next.

**Alyssa Ages** is a strength coach at **CrossFit Metric** and athlete with **PowerNYC Training**.

[The workout on page 2 >>>](#)

## The Workout

Directions: Keep moving for the full 10 minutes, going through the circuit as many times as possible.

### Biceps

#### Dumbbell Preacher Curl (short head) 6-8 reps

Positioning your arms in front of the body helps target the short head of the biceps brachii. We're using dumbbells here to challenge your muscles by working with something other than the EZ curl bar and to make sure you work both arms equally. Make sure the ends of the dumbbells are touching before you curl and take the eccentric movement slowly (count to 3 before reaching full extension)

#### Hammer Curl (long head) 6-8 reps

Standing upright, grip a dumbbell in each hand. Elbows should stay close to your torso and your palms should be facing your body as you hold the dumbbells. Curl the weights up to your shoulders keeping arms close to the body and then take a slow eccentric movement.

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### Triceps

#### Standing Overhead Kettlebell Triceps Extension 6-8 reps

Place a kettlebell on the floor in front of you and grip it with both hands so your palms are facing away from your body. Flip the kettlebell upside down as your raise it overhead. Keeping biceps close to your head, lower the bell behind your head, hinging at the elbows. Once the bell is at its lowest position behind your head, engage the triceps to bring the bell back overhead. That's one rep.

#### Dips (use bars, rings, or a bench) 10-12 reps

If you are using bars or rings, position your body in between the bars or rings, begin with your arms fully extended and your body hovering over the floor while you grip the rings or bars. Slowly lower yourself downward with chest upright and arms bending at the elbows. Keep elbows close to the body. Exhale and press back up to the starting position.

If you are doing this on a bench, begin by sitting on the edge of a bench with hands positioned just outside your hips. Legs should be straight out in front of you. Lower your body off the bench, bending at the elbows, until your arms are at a 90-degree angle. Engage the triceps and press back to straight arms. Without resting on the bench, repeat.

### Forearms:

#### Kettlebell Farmer Carry 1 out-and-back

With feet shoulder-width distance apart, place two kettlebells of equal weight outside your feet. Hinge at the knees and hips and with a flat back, grip both kettlebells and stand upright. Engage your forearms, squeeze your glutes, and walk to the far end of the room and back.

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