

How to Gain Bigger Arm Muscles

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Building bigger muscles in your arms is difficult, but achievable, if you follow ten essential guidelines. Remember, building arm muscle is not just about spending time in the gym. Adding real muscle to your arms also involves secondary issues, like nutrition.

Arms consist of three muscles (the triceps, bicep, and forearm), and **all three must be equally targeted to maintain proportional size and ensure the muscles all work together correctly.** Many people make the mistake of focusing all of their attention on the bicep, but remember, this is only 1/3 of the muscle in the arm!

You must focus on form when lifting, and aim to work the triceps and biceps hard, but only briefly. Use good form when lifting and wait until you feel that burn. **While you don't want to push yourself to injury, you do want to be sure you're exerting yourself. This all means either doing more reps of the weight you're used to, or lifting heavier weights, and doing fewer reps (more muscle building techniques).** Your goal is to get progressively stronger. You do this by triggering a muscle growth response in your arms. This is achieved through working slightly beyond your comfort zone, as suggested. Either up your weights or up your reps.

Because the triceps and biceps are two different muscles, they must each be worked equally. Neglecting work on the triceps will restrict the growth of your triceps.

Alternate exercises on each part of the muscle to keep from overworking. Switch up your exercise routine every few weeks to keep your muscles guessing.

Use high intensity training techniques to shock your muscles into growth. Your workout routine should be well rounded, and while you might be focusing on making your arms bigger, you cannot do arm exercises daily. Focus on abs another day, and legs another day.

You need to have a healthy, balanced diet rich in protein. The popular recommendation for protein intake is gram per pound of body weight. This protein should not only come from lean meats but also milk, fruits, and vegetables.

You need plenty of rest in order to get bigger muscles. Not only does your body build muscle while it's sleeping, it also restores its energy supply.

Muscle building supplements are a great investment. They can help ensure your body stays in a muscle building state while you're on the go.

Losing body fat will help emphasize the muscles you may already be building. **Doing high reps will help you burn fat as you build muscle.**

Stretching is essential, before and after workouts. You need to do this to avoid injury and maximize muscle gain.

Drink a lot of water! Make water your primary source of hydration. It keeps muscle cells plump, hydrates the body, and flushes away toxins.