

## Most People Still Don't Know How To Build Arms

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I usually train in "the dungeon" which is what I like to call my home gym (the name seems to fit since it's crammed into a cold, dark corner of my garage). But the other day I had a guest pass for 24-Hour Fitness so I used it to get a quick workout there. It gave me a chance to see what most people are doing to train their arms — and to find out that most of what they're doing is still wrong! It's no wonder so many people can't make any real progress when it comes to adding mass and shape to their arms. As usual, there was lots of huffing and puffing with "heavy" cheat-curls, very little triceps training and nobody training their forearms.

This all looks good to the untrained eye, but it's ultimately a recipe for failure. You can't get massive and powerful arm development using lousy training technique! And you won't build big, symmetrical arms if you don't train your biceps, triceps and forearms! While this may seem like obvious advice, it's amazing how many people don't realize this "obvious" truth. Balanced training with proper technique is and always will be the key to arm-building success!