

Can Squats Give You Big, Muscular Arms? The Answer Is No!

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There's a popular theory in bodybuilding circles that you can build big, muscular arms by doing squats. To be blunt, this is load of garbage. While squats can release growth hormones that produce an overall anabolic effect in your body, there's no science showing how this growth is distributed among various body parts or how much of it might actually go to your arms. Even if squats could make your arms "bigger," just adding size doesn't produce the shape, symmetry and power that you need for Truly Awesome Arms™. Muscular hypertrophy comes from the targeted overloading of the muscles that you intend to build. That means if you want to build big, muscular arms you've got to train them directly with heavy weight and proper technique. Don't be fooled into thinking that you can get awesome arms by focusing on your legs. Squat to train your legs...period! When it comes to building big, muscular arms, stick to arm training!!