

Flex In Between Sets During Your Arm Workouts

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Friday, 22 February 2008
Last Updated Saturday, 02 August 2008

If you really want big and ripped biceps, triceps and forearms, try flexing them in between sets during your arm-building workouts. Hitting a double or single biceps pose in between sets of curls is great for hardening those "peaks" you're trying to build. Similarly, extending and tensing your triceps after a set of Skull Crushers or pushdowns can help you build a sharply defined "horseshoe" in this muscle region. Arnold and other bodybuilding greats used this flexing technique to bring out maximum muscularity in their arms when preparing for a bodybuilding contest. Even if you're not a competitive bodybuilder, flexing in between sets can still help you build the rock-hard, chiseled GUNS that you desire. Give it a try, and don't worry if you get funny looks from anybody else at the gym. Believe me, when they see your results you'll soon see them flexing in between sets during their arm-building workouts!