

Are Triceps Extensions On A Machine Good For Arm Toning?

The triceps is the area where the arm flab resides. It's that one spot that so many women have become self conscious about. And if you want to tighten up your arms, you have to know what exercises to do.

Unfortunately, there are an excess of opinions on which exercises are best for losing arm flab.

The reality is that many women are utterly lost and confused when it comes to picking the right exercises for reducing flabby arms. All the opinions leave some women paralyzed with indecision.

So without further delay, here is my review of machine triceps extensions for reducing flabby arms:

- 1. Snap shot:** This exercise does a great job of targeting the long head of the triceps. This is the specific area where most arm fat hangs from. It's commonly referred to as the bingo wing.
- 2. Technique:** Grab the machines bar with an overhand grip while you face away. Keep your arms behind your head (lower neck level) and dig into the ground very hard with your heels. Extend your arms to full lockout. Then slowly lower the bar.
- 3. Frequent mistakes:** Allowing the back to fall out of alignment. Not keeping the elbows frozen in place. Allowing the head to dip forward. And pushing against the machines bar after the triceps have reached the point of absolute fatigue.
- 4. To do or not to do:** Any women wishing to reduce flabby arms should do this exercise on a regular basis with heavy weights. And remember that heavy weights will produce the fastest results. The good news is that you can go heavy with this exercise and have very little risk of injury. Not too many exercises will allow you to do this.

Knowing which exercises give you the biggest bang for your buck will save you lots of time and energy. And most importantly, they will keep you motivated through continual results. After all, if you are getting good results you're more likely to stick with your program.

About the Author

About the author: Katherine Crawford M.S., a Harvard exercise expert and recent flabby arms casualty, teaches women the art of [losing arm fat](#). Unlock how to get sexy arms by exploring her website about [arm lift plastic surgery alternative options for women](#) now!

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