

Jiggly Arm Flab And Wide Curls

There are lots of exercises out there for getting toned arms. And there are lots of opinions on what exercises are best. So many opinions that most women are left with a serious case of analysis paralysis.

Maybe you are frustrated with all the advice.

Now don't start panicking because I've been there and done that and I'm ready to share what I've learned because I don't want you wasting any time!

Thus, here is my analysis of wide grip barbell curls for toned arms:

1. Summary: If done with perfect form, this exercise is one of the best for toning the biceps. A variation of the regular barbell curl, it puts more emphasis on the inner part of the biceps. And although the biceps is not where arm fat hangs from, it's the first muscle someone sees when greeting you from the front.

2. Technical jump start: Stand erect with your core contracted. Grab a barbell with a wide underhand grip. Raise the weight in a controlled manner. Then slowly lower it in a controlled manner.

3. Frequent mistakes: Jerking the weight back once it's close to the top. Allowing the elbows to move around. Flexing and extending the forearms when contracting the muscle. Not keeping the chest up and shoulders back. And using momentum to get the barbell up.

4. Bottom line: This is an excellent exercise for toning the upper arms. Every women wishing to get sexy arms should make this exercise a staple. The only thing you have to watch out for is the wrist strain. So experiment with different grips and angles if it becomes an issue.

Losing arm fat with the right exercises shouldn't be like finding a needle in a haystack. Once you ignore all the marketing hype and stick to what has been proven by research, you'll get outstanding results. And remember, if an exercise is really flashy then you are better served steering clear of it. The best exercises are the basic ones done with intensity.

About the Author

Author Katherine Crawford M.S., a Harvard exercise physiologist and former flabby arms casualty, teaches women how to lose [loose arm fat with speed](#). Unlock how to get sexy arms by visiting her website about [upper arm lift alternate options for women](#) right now!

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