

Many people who suffer with flabby arms may find it best to tone the arm muscles rather than exercise to try losing weight from such difficult areas. When people try to lose weight from the arms or problem areas they often find they lose it from other areas first, sometimes even losing weight from places they don't want to lose it!

Losing weight from difficult areas such as the arms may require the eventual loss of a high percentage of fat because the body draws energy from all over rather than from one specific place, even if there is regularly exercise for the arms it will often tone them up before fat will reduce in the arms.

Difficulty in losing weight in the arms or other problem areas is caused by the result of our genetics, the number of fat cells present in various places around the body. We all have different numbers and places where the body tends to deposit more fat cells, this is often the place where we find it annoyingly hard to lose fat from.

If there are a large number of fat cells around the arms, losing fat around the arms will often take longer because there is more fat to shift than in other areas. The best way would be to tone the arms while at the same time losing weight with basic aerobic exercise. The best exercise for toning the arms are single-joint movements. Examples are curls and tricep kick-backs. These exercises place direct stress on the bicep and tricep muscles of the arm causing them to firm up much more quickly. In fact the triceps muscle at the back of the arm make up two-thirds of arm size so it would probably be best to work more at toning the tricep muscle of the arm. Some good tricep exercises to tone the arms can be found below.

Exercises for Your Triceps

The following exercises show examples of exercises that target the triceps, the muscles on the back of the arms. The most common triceps exercises involve straightening the arms to engage the triceps as in kickbacks, extensions and dips. Click on the pictures and hyperlinks to view detailed instructions or to see a larger picture. To work these exercises into a routine:

- **Beginners:** Choose 1-2 exercises, 1-2 sets of 12-16 reps
- **Inter/Adv:** Choose an exercise from each column for 2-3 sets of 8-12 reps, resting between sets
- Use enough weight that you can ONLY complete the desired number of reps

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Kickbacks/Extensions

Kickbacks and extensions involve straightening the arms, which engages the triceps muscles, but each is performed in a different position for maximum efficiency.

Variations:

[Kickbacks](#)



[Kickback on One Leg](#)



[Triceps Extensions](#)



Triceps Presses

Triceps presses also involve straightening the arms, but for these exercises you're lying down, adding gravity to the mix.

Variations:

[Barbell Triceps Presses \(skull crushers\)](#)



[Dumbbell Triceps Presses](#)



[Close-Grip Bench Press](#)



Triceps Dips/Pushups

Triceps dips and pushups are more advanced exercises targeting the triceps as well as other muscles in the body, making these compound exercises.

Variations:

[Triceps Dips](#)



[Triceps Pushups](#)



[One-Arm Tricep Pushup](#)

