TONE YOUR ARMS

5 Targeted Exercises with Dumbbells

Whether you're looking to rock a sleeveless cocktail dress this holiday season or just build up some muscle mass, we've got the perfect home arm workout for you. These five exercises will work both of the arm's main muscle groups: the triceps and biceps. For best results, aim for two sets of 8 to 12 reps for each exercise using the heaviest weight you can comfortably handle.

<<< OVERHEAD EXTENSION

1. Beginning in a split-stance position, take the dumbbell overhead holding it with both hands around the handle. Bend your elbows to a 90˚ angle.

2. Exhale and slowly straighten your elbows until your arms are vertical but not locked.

3. Inhale and bend your elbows again, lowering the dumbbell behind your head until you reach the 90˚ angle again.

TWO-ARM KICKBACK >>>>

1. Stand with your knees bent and lean forward from the hips about 45˚ with a dumbbell in each hand. Keep your spine straight and your arms reaching down to the floor.

2. Pull the dumbbells up to your waist, creating 90˚ angles with your arms. Exhale and slowly straighten your arms.

3. Inhale and slowly bend your elbows, returning your arms to the starting position.

Disclaimer: This article is for informational and educational purposes only and is expressly not to be considered medical counsel. Readers are advised to consult a doctor or certified personal trainer before beginning any new weight training programs.

SHOULDER PRESS >>>>>>>>>>>>>>>>

1. Begin with your feet shoulder-width apart, knees slightly bent. Hold the dumbbells just above your shoulders, palms facing each other.

2. Exhale and press the weights until your arms are straight overhead. Hold for one second with your torso rigid and don't lock your elbows.

3. Inhale and slowly lower the dumbbells back to your shoulders.

<<<<<<<<<<<<<<<< LATERAL RAISES

1. Holding a dumbbell in each hand, stand with your feet shoulder-width apart with knees slightly bent. Turn your dumbbells to face your thighs.

2. Exhale and raise arms diagonally out to the side so that your arms form a V-shape. Keep your neck muscles relaxed and hold for one second.

3. Inhale and lower three-quarters of the way.

BICEPS CURL >>>>>>>>>>>>>>>>>>>>

1. Standing with your feet shoulder-width apart, knees slightly bent, hold a dumbbell in each hand with your palms facing to the ceiling.

2. Exhale and curl the dumbbell toward your shoulders/upper chest (flexing elbows). Don't swing your arm or elbow.

3. Inhale and slowly lower the dumbbell three quarters of the way down.