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## **Arm Exercises For Beginning Bodybuilders**

**By Rick Mitchell**

### **Arm Exercises For Beginning Bodybuilders by Rick Mitchell**

Most people new to bodybuilding pay a lot of attention to building big arms, sometimes to the point of overtraining. Don't forget, the arm muscles are brought into play during most exercises aimed at other body parts so care must be taken not to overdo things.

Having said that, the arms are complex body parts in their own right and deserve a properly focused exercise program. In basic terms the arm consists of three main muscle groups:

1. Biceps brachii – two muscles at the front upper arm that run from the elbow to the shoulders.
2. Triceps brachii – three muscles at the rear upper arm that run from the elbow to the shoulder.
3. Forearm – several smaller muscles that run from the elbow to the wrist.

There are seven classic exercises that will allow beginners to get off to a good muscle building start without overstraining their bodies. For all of the exercises that follow, use a weight that is light enough to allow between 10–15 reps.

Three biceps building exercises are recommended for beginners:

1. Standing barbell curl – 3 sets of 10–15 reps.
2. Alternative standing dumbbell curls – 3 sets of 10–15 reps.
3. Preacher bench curls – 3 sets of 10–15 reps.

Three triceps building exercises are recommended for beginners:

1. Dips – 3 sets of 10–15 reps.

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2. Close grip bench press – 3 sets of 10–15 reps.
3. EZ bar lying extensions – 3 sets of 10–15 reps.

One forearm building exercise is recommended for beginners:

1. EZ bar reverse curls – 3 sets of 10–15 reps.

As with all exercises you need to take care in scheduling specific body parts. To begin with you should incorporate your arm exercises into a program similar to the one suggested below:

Day 1: Biceps, Back, Abs

Day 2: Hamstrings, Shoulders, Abs

Day 3: Quads, Forearms, Calves

Day 4: Triceps, Chest, Abs

For the first couple of weeks complete one set but then add one set each week to a maximum of three. At the end of three months you will be ready to move on to more intensive intermediate level exercises.

Rick Mitchell is the creator of the [bodybuildingadvisor.com](http://bodybuildingadvisor.com) website that provides guidance and information to athletes at all levels of bodybuilding experience. Go to

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more about the issues covered in this article.

## **Shoulder Exercises For Beginning Bodybuilders**

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The main shoulder muscles that concern bodybuilders are the deltoids and although they work closely with the arms and chest muscles, it is possible to isolate the delts in a training session. Unlike other body parts though, the shoulder is not designed for heavy lifting in all directions so beginners need to take care and use lighter weights than usual for shoulder–isolating exercises.

The deltoid covers the shoulder and consists of three distinct segments:

1. The anterior or front deltoid allows you to raise your arm to the front.

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2. The medial or middle deltoid allows you to raise your arm to the side.
3. The posterior or rear deltoid allows you to draw your arm backwards when it is perpendicular to the torso.

The front delt usually receives plenty of work with chest exercises such as the bench press and pushup, so you'll need to use common sense and listen to your body when performing exercises that specifically target this muscle. The recommended shoulder exercises for beginners are as follows:

1. Seated dumbbell press – 3 sets of 10–15 reps. This exercise places the emphasis on the medial head.
2. Front lateral raise – 3 sets of 10–15 reps. This exercise emphasises the front delt.
3. Rear lateral flyes – 3 sets of 10–15 reps. This exercise targets the rear delt.

As with all exercises you need to take care in scheduling specific body parts. To begin with you should incorporate your shoulder exercises into a program similar to the one suggested below:

Day 1: Biceps, Back, Abs

Day 2: Hamstrings, Shoulders, Abs

Day 3: Quads, Forearms, Calves

Day 4: Triceps, Chest, Abs

For the first couple of weeks complete one set but then add one set each week to a maximum of three. At the end of three months you will be ready to move on to more intensive intermediate level exercises.

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