

How to get rid of flabby arms now!



Get rid of flabby arms forever!

- the kind of exercise you should do and the kind that will cause your arms to bulk up
- why cosmetic surgery could be your worst, most expensive mistake
- the fastest, easiest way to lose those flabby arm 'backs' forever

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Get rid of flabby arms now!

Introduction:

If you've been frustrated and embarrassed by flabby, loose arms, you're not alone! It's an issue that has always plagued women. And it's one of the MOST difficult to successfully change.

Most of us are familiar with the limits we place on ourselves because of flabby arms... for instance, we avoid tops that are short sleeved or sleeveless... when we wear a dress we invariably need a coverup of some sort to wear as well in order to disguise the tops of our arms. Even if the rest of our body is reasonably in shape, it's the flabby backs of arms that drive us crazy!

Ever heard the saying 'arms that wave 'bye 'bye'? You know what I'm talking about - you raise your arms and the loose flabby bits sway from side to side!

It's embarrassing. It's not fair! and until now, it's a problem that has only been able to be partially dealt with through very specific, gruelling exercise or drastic cosmetic surgery.

But don't worry! Because you're about to learn how you can get rid of those flabby, unsightly jiggy bits and restore your natural, slim, youthful looking arms again - without breaking a sweat or going under the surgeon's knife.

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But first of all, let's take a look at what it is that causes our arms to suddenly lose their youthful appearance and develop that awful floppy, flabby, jiggly, wobbliness?

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The main causes of flabby arms:

Flabby arms develop as a result of a number of things. Most women's arms become flabby because they are the least specifically exercised area of our bodies. The muscles become slack and as we age, our skin tends to lose elasticity and look wrinkled and papery dry. But lack of targeted exercise is not the only thing that could cause flabby arms.

Another cause could be a sluggish lymphatic system.

Our bodies have a lymphatic system that's often called our 'second' circulatory system. It runs just under our skin. The lymphatic system consists of a network of lymphoid organs, lymph nodes, lymph ducts, lymphatic tissues, capillaries and vessels. The purpose of the lymphatic system is to transport lymph fluid from the tissues to the circulatory system.

The lymphatic system is important because it not only removes excess fluids from the tissues, but also is vital to the immune system.

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A sluggish lymphatic system can result in excess fluid being stored in the tissue (which can add greatly to the flabby, or even swollen, appearance of the arms!) and can also be a factor in a compromised immune system.

Unlike the blood system, which has a heart to pump the blood throughout the veins, the lymphatic system has no 'pump' and relies on the action of the muscles to circulate the lymphatic fluid.

The lymphatic system can only be stimulated by exercise, including brisk walking, or massage.

By the way, if your arms (or legs) become swollen, please go and see a doctor immediately. Sometimes the lymphatic system can develop problems and fluid and toxins can build up in the tissues. This often happens after various cancer treatments, especially after breast cancer. A condition known as lymphedema can develop and this needs treatment.

However, for most of us, the issue of stimulating our immune system is much easier to solve than we imagine.

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What are your options when it comes to getting rid of flabby arms?

There are several ways to deal with flabby arms, but there is one way *you're going to love*. It's sweatless, painless and quick. However, before we look at that, let's take a look at the more conventional ways - just so that you know all your options.

Your options:

- Traditional exercise
- Cosmetic surgery
- New technology

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Traditional exercise:

Traditional exercise targeting the triceps involve creating some resistance using either the weight of the body itself, or some type of resistance equipment or weights. This exercise needs to be done in repetitions of 30 - 50 times per session and at least 3 or more times per week. It takes time, it takes effort and it's often quite painful.

Here are six of the most popular exercises:

- **Push ups:** oh yay! we all LOVE this one, don't we!? It's something that men don't seem to have too much trouble with, but most women don't have really strong upper bodies and we struggle with push ups. You need to do push ups on a regular basis and probably 30 - 50 at a time in order to really make a difference. Push ups are HARD work and they also tend to build bulky muscle.

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- **Floor push ups:** lie face down on the floor with your hands positioned flat on the floor under your shoulders. Push yourself up until your arms are extended straight under you and only your toes and the palms of your hands are touching the floor. Lower yourself half way down and repeat.
- **Wall push ups:** these are done in exactly the same way as the floor push ups, except that you do them standing up and using the wall as the 'floor'. They're a lot easier!

Okay, now that we've had a look at all the fun push ups you could do, let's look at some exercises targeting those triceps. (By the way, the triceps are the muscles at the back of your arm that get slack and are the ones we really have to target if we're going to firm up that flab!)

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Tricep exercises:

There are a ton of tricep exercises. Many require equipment such as dumbbells or resistance mechanisms such as pulley and weight systems like you would find at a gym or on some home gyms. These exercises focus on building strength in the triceps - the muscles at the back of your upper arm - and cover a number of movements such as:

- **Tricep extension:** where the arm is held against the side and the hand grips onto a pulley or dumbbell. The lower arm is then lifted up to a 90 degree angle in relation to the upper arm (making an L shape) and then brought back down in line with the upper arm.
- **Overhead tricep extension:** this is a wonderfully fun exercise (right!) where you hold a dumbbell with both hands lifted above your head then lower the dumbbell as far as you can behind your head. If you can do that without knocking yourself out, it's great for the back of your arms.

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- **Exercise Ball Tricep extension:** Here's one you're going to love - it combines balancing on your back on an exercise ball with your arms stuck up in the air and a dumbbell in each hand. You then lower the upper arm to bring the dumbbell next to your ear and then extend your arm again to the position where it's stuck straight up in the air. It's a great exercise for building strength.
- **Overhead tricep extension:** this is a wonderfully fun exercise (right!) where you hold a dumbbell with both hands lifted above your head then lower the dumbbell as far as you can behind your head. If you can do that without knocking yourself out, it's great for the back of your arms.
- **Scissor tricep extension:** lie flat on the ground with your feet on the floor and your knees bent. Hold your arms up in the air at 90 degrees to your body. In each hand, hold a light weight dumbbell - .5 to 1.5 pounds max. Slowly and smoothly, bring one arm down toward your thigh, keeping it straight, but not locking the elbow, while the other arm moves in the opposite direction toward the floor alongside your head.

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Repeat 12 - 15 times. Be sure to engage the tricep muscles so that you feel them pulling gently. Do not use weights that are too heavy

- **Tricep stretches:** Stretching your triceps after exercising helps lengthen the muscle and it also helps prevent it bulking up. Basically you lift your arm up toward the ceiling then drop your lower arm down so that your hand and wrist are behind your head. You then grip your elbow with your other hand and pull it down gently. Hold it down for 30 seconds then gently release and do the same thing with the other arm. Repeat twice with each arm.

WARNING:

Avoid tricep back kicks as these can create major 'bulk' and cause a bulky, round shouldered appearance.

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Tai Chi:

Tai Chi has been shown to stimulate the lymphatic system and it also serves to relax the body and the mind.

Australian studies conducted by Dr Neil Piller at Flinders University and Medical Centre showed that women who practiced Tai Chi for 10 minutes a day for a month lost significant volume on their arms and experienced other health benefits as well.

This is a great exercise to relax you as it is a very 'quiet' exercise. However... it's still work!

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Cosmetic Surgery:

If you would like to spend anywhere from \$8,000 to \$15,000 and run the risks of scarring and complications - go ahead.

Though it is pricey and risky, cosmetic surgery is still one of the more popular options for ridding oneself of flabby arms.

However, personally, I would not recommend it. Firstly, as with any surgery, even the latest 'no visible scar' techniques have their risks.

Secondly, unless you deal with the root cause of the flabby arms, you're likely to end up in the same position a few years down the road.

All you need to do is a quick search on the internet for news stories and forum discussions about cosmetic surgery and you'll see plenty of evidence that there are many people who really regret making the decision to use this method of dealing with flab!

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New technology:

Whole Body Vibration: The easiest way to get rid of flabby arms quickly:

This is by far my favorite. Okay, I admit it, I'm lazy and the ability to get rid of flab anywhere, easily, quickly and without hard exercise, dieting or surgery certainly gets my vote!

Here's how whole body vibration works:

Targeted muscles are worked through exposure to a rapidly vibrating plate which has the effect of causing the muscles to relax and contract at high frequency.

Muscles receive an accelerated workout simply by being exposed to these vibrations. If you add any kind of 'work out exercise' to the equation, this exercise is made significantly more effective! So you get results faster, easier and without the sweat and pain associated with traditional exercise.

There are a variety of whole body vibration systems on the market, for more information about the technology go to **<http://www.vibetronix.com>**.

The whole body vibration system that works best for flabby arms is the **triangular oscillating** variety as opposed to the linear vibration platforms.

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The triangular oscillating platforms move in a side to side action (like a child's see-saw or teeter-totter) whereas the linear vibration platforms move up and down vertically. The linear system is a lot harsher on the shoulder joints.

Using a triangular oscillating system, set on a low frequency, you would follow this procedure:

1. get into a 'push up' stance with the palms of your hands on the platform and (depending on your fitness level) either with your knees and toes on the ground or in the traditional manner where only your toes touch the ground.
2. simply move your hands either closer together or further apart on the platform until you are comfortable and your shoulders are not being 'shocked' and maintain this position.

Begin with about 30 seconds and build up to a few minutes over a period of time.

In just a few days you will begin to notice a firming of your upper arms and a strengthening of your muscles.

Sweatless, painless and really quick!

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I hope you've found this report helpful and I wish you every success in whichever method you choose to use to get rid of flabby arms now!

For more information and to join in the discussion about how to get rid of all kinds of flab easily and quickly, check out the blog:

<http://www.vibetronix.com>.