

# Keeping Your Arms Strong in your 40s

When I think of a woman with a nice set of arms no one other than the amazing Angela Bassett comes to mind. No matter how many years pass her by she still reigns supreme. So let's take a page out of her book and solidify a simple workout to help get your arms toned for the Spring with only a set of dumbbells!

## Bicep Curl with Wrist Rotation

Start in standing position with your feet shoulder width apart with the Dumbbells at your sides.

When lifting the dumbbells keep your elbows locked at your sides and lift with the palms of your hands facing up (Supinated).

After fully contracting your bicep, hold briefly for a 1-second squeeze then rotate your wrist inward so that your palm is face down (pronated) and slowly lower the dumbbell.

Return to the starting position and repeat. Perform 3-4 sets for 12-15reps.



## Alternating Hammer Curls

Start in standing position with your feet shoulder width apart with the Dumbbells at your sides.

When lifting the dumbbells your palms should be facing towards one another as if you are holding a cup.

When performing the movement only one arm will be bent at 90 degrees before rotating to the other arm.

Perform 12-15 reps per side for 3-4 sets.

## Bent Over Tricep Kickbacks

Start with your feet shoulder width apart, knees slightly bent, a forward hinge at the waist, and arms bent at 90s with a dumbbell in each hand.

Your gaze should be on the floor in front of you with your neck in neutral position in line with your spine.

When performing the movement slowly extend the elbow and squeeze the tricep.

Return to the starting position and repeat. Perform 3-4 sets for 12-15reps

## Dips on Chair

Start by sliding forward onto the edge of a chair with your hands placed on the seat.

Your feet should be stretched out in front or if you would like to perform 'weighted' dips you can bend your knees at 90-degrees to set the weight on your lap.

Slowly bend the elbows lowering your butt to the floor and then push yourself back up until your arms are straight.

Return to the starting position and repeat.

Perform 12-15 reps per side for 3-4 sets.

## Lateral Raise to Frontal Raise

Start in standing position with your feet shoulder width apart with the Dumbbells at your sides.

Begin by raising the dumbbells laterally until your arm is shoulder height.

Then slowly lower your arms back down to your sides and immediately lift your arms in front of you to shoulder height then slowly lower your arms back to starting position.

Perform 3-4 sets for 12-15reps

Follow this routine a few days a week to tighten and tone your arms.

This routine is very beginner friendly and a solid starting point to get you well on your way to keeping your arms toned and strong.

As you perform this routine it should become easier which is a clue that you are getting stronger.

You'll have your own set of Angela Bassett arms in no time!