



# **The 15 Best Arm Toning Exercises for Women [Illustrated]: 30 Days to Firmer, Toned & Sexy Arms (Fitness Model Physique Series)**

*Rachel Howe*

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## Say Bye, Bye to Flabby Arms and Hello to Sleeveless Tops

Do you wish you had slim, toned arms that looked great in any sleeveless attire? If you said yes, then you need Rachel Howe's arm toning book. She has put together 15 exercises designed to target the muscles located in your arms. This means when you implement her workout into your exercise routine you will think you went back in time.

No more sloping shoulders. No more bird arms. Be prepared for younger looking arms that are prepared for any outfit. Get the arm definition you have always dreamed about. You will be finding excuses just to show off your new found arms.

## How Will This Book Transform My Arms?

This book has 15 exercises put together to directly work on your arms. Howe has given you a combination of **extensions, kickbacks, dips, push-ups, presses, raises, curls, and row** exercises to cover all areas of the arm including the shoulders. These are primarily focused to directly target your...

- **Biceps:** These are the muscles located on the front of your upper arm.
- **Triceps:** The muscles located on the back of your upper arm.
- **Rhomboids:** The muscles that are found in between your shoulders.

By using different workouts that focus on these areas, you will get toned arms and a younger persona. These exercises put a lot of effort on your shoulders and the areas around them. This will correct any previous posture issues you might have had. In addition to better posture, you should start to see...

- A better symmetry between your shoulders and across your upper body that may not have existed before if you were prone to slouching,
- A correction of muscle imbalances,
- And an increase of overall body balance.

## What Will Adding 15 New Exercises to My Workout Really Help?

Outside of this book providing you with specific instructions on how to perform exercises that will give you killer arms, you will also get help to perfect other areas of your body and your health. You came here with expectations of achieving the arms that you have always wanted, but when you learn how to do these exercises correctly, you will help additional areas of your body.

In addition to your arms, the following muscles will also be benefited from these 15 exercises.

**Core Postural Muscles:** As you might have guessed from the name. These muscles are located in the core of

your body and are responsible in large part for your posture. Lower Back Muscles, Abdominals, Pectorals

### **So What Is Stopping You from Having the Best Arms of Your Life?**

You have nothing to lose by getting a grade A workout plan for your arms. These can be added to your own workout immediately, and you can be on your way to having beautiful, strong arms. With *The 15 Best Arm Toning Exercises for Women*, you can stop wishing and start having the arms of your dreams.

### **BONUS BOOK!**

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#### **John Merritt:**

The book untitled *The 15 Best Arm Toning Exercises for Women [Illustrated]: 30 Days to Firmer, Toned & Sexy Arms (Fitness Model Physique Series)* contain a lot of information on it. The writer explains the woman idea with easy means. The language is very clear to see all the people, so do not really worry, you can easy to read the idea. The book was published by famous author. The author will bring you in the new

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