

There's More To Fat Arms Than Bingo Wings

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Jabba Flab or Chap Flaps?

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If you thought having bingo wings was bad enough, think again. Sport's therapist and personal trainer, Rich Jones, has discovered there are six types of bingo wings which all require different fat-busting exercise techniques.

Rich made his findings whilst working with Powerspin, a product designed specifically to tone the arms and developed by award-winning company RPM who were also behind the Powerball phenomenon.

The Powerball features a weighted ball within a circular tube which creates a centrifugal force – the fastest you spin the ball, the more effective the exercise.

Arm Charms

Think Madonna, Susan Sarandon and Anne Robinson.

<http://www.thesun.co.uk/sol/homepage/showbiz/tv/1451336/TVs-Anne-Robinson-shows-off-bingo-wings.html?print=yes>

An Arm Charm is often the unavoidable result of aging. It is a fold of skin that hangs loosely from the arm and can be seen on even the fittest of women. Arm Charms can also result from dramatic weight loss.

Rich's exercise suggestion – Top Spin

- Grasp centre of Powerspin
- Raise arm to shoulder height
- Turn head to look at Powerspin
- Rotate Powerspin either clockwise or anti-clockwise ensuring the ball is engaged

Rump Lumps

Rump Lumps are so called because they look like a small backside at the top of your arms. Denise Welch has been spotted displaying these. It's the result of a little extra weight at the top of the arms and also on the pectoral muscles.

Rich's exercise suggestion – Shoulder Burner

- Grip middle of Powerspin
- Extend right arm to shoulder height
- Slowly begin to rotate forearm ensuring the ball is engaged
- Continue until unable to do so then repeat with other arm

Classic Bingo Wings

Bingo Wings are simply upper arms that carry too much weight and often lack tone. Even slim women have problems fighting the flab and can be spotted with bingo wings – just look at Jessica Simpson who's been snapped in this less than flattering photos.

Rich's exercise suggestion – Tricep Trembler

- Hold Powerspin in a line above the head using the outer ring
- Bend knees slightly and draw in abs
- Keep elbows at head height
- Start the ball spinning ensuring it is properly engaged

Double Chubble

Someone verging on obese might well end up with Double Chubble if they don't get a handle on their weight and Gabourey Sidibe is just such an example. It's Bingo Wings with Bingo Wings.

<http://www.guardian.co.uk/commentisfree/2012/feb/29/black-women-high-self-esteem?INTCMP=ILCNETTXT3487>

Rich's exercise suggestion – Bicep Burner

- Grip Powerspin with both hands on the outer ring
- Keep Powerspin in vertical position
- Hold Powerspin close to your body
- Keep elbows at 90 degrees
- Start the ball spinning

Jabba Flabba

Probably the least flattering description of all. Jabba Flabba suggests your arms look like the unpleasant character from Star Wars – Jabba The Hut. Arms will have several rolls of unsightly fat that extends from the wrist to the upper arm.

Rich's exercise suggestion – Forearm Frenzy

- Hold Powerspin at waist height, close to hip
- Hold Powerspin in a horizontal position
- Start spinning ball slowly then speed up
- Move forearm in clockwise direction

Chap Flaps

Men of all ages can suffer with flabby arms – Prince Andrew and Lawrence Llewellyn-Bowen have both been pictured on holiday with less than toned arms. Men tend to suffer from Chap Flaps when they put weight on generally.

<http://www.dailymail.co.uk/news/article-1300654/Prince-Andrews-yacht-frolics-beautiful-brunette.html>

Rich's exercise suggestion – Bicep Burner Xtreme

- Grip Powerspin with both hands on outer ring
- Maintain Powerspin in vertical position

- Hold Powerspin away from your body to engage chest muscles
- Keep elbows at 90 degrees
- Start the ball spinning as fast as possible

To see these exercises in practice, visit www.powerspin.com

Of course, slender toned arms are maintained by more than just a fitness regime as Rich explains:

Rich's Top Tips For Lean Arms

In his work with www.121fitnesstraining.co.uk Rich often has to help women with their plea for beautiful arms. Here's what he also suggests:

Drink Water

Drinking water can both help you lose weight and help you appear thinner. Bodybuilders have been using water as a means to pump up their muscles days before a contest as it can aid in the illusion that your arms are tight.

Cardio like a maniac!

Many women do the same thing at the gym every day. 30 minutes on the treadmill, 10 minutes on the bike. Boring, boring, boring!

For toned, defined and thinner arms you need to increase your training intensity. Make your cardio workouts explosive and put those underworked arms and legs under some seriously healthy stress.

Try a few sessions of hill sprints, wind sprints, boxing per week. You will notice a huge difference.

Skipping

Skipping will help your arms progress by miles. They get a great workout while you're doing cardio - what could be better? You will notice increased weight loss, increased muscle definition and you can do as much or as little of it as you like depending on how thin you want your arms. Use this tip well!

Split your weights routine

Many women do a full body weights workout each time they go to the gym. What I mean by this is, they go to the gym three times a week and each time they work out every major muscle group.

This is fine but it has problems. The main problem is that if you work out every muscle group every time you will not be able to stress it as much as you would if you were only working one or two muscle groups out. You don't have enough time.

So, if you want to tone your arms up then you should try splitting your workout so that you train your biceps and triceps on their own day so they can be put under the maximum amount of work possible.

Go natural

Eating natural foods like fruits, vegetables and good meats will help you tone your arms. Weight loss is easier too. So if something has been processed, avoid it!

Hit up a boxing class

Everyone who has tried boxing on a regular basis has had amazing muscle definition results. The arms above all get toned as they are doing a lot of work. Think about it. In a session, arms have to tense on impact of punching, wind up to punch, etc. It can be very hard work.

If you are the type of woman who has problem arms then boxing may be the best thing for you. Like skipping, it allows you to get a heavy cardio workout whilst working the muscles. Bonus.

Increase weight/decrease reps

When you weight train, do not believe the myth that using light weights with high reps will tone your arms. It won't.

If you want to tone your arms, you should gradually begin to use heavier weights with less reps. This is how we grow muscles. Each time you workout you should stress the muscles slightly more than the last by increasing the resistance placed on it. Toning the arms is no different. You need muscle to be able to show it off.

Toning really means weight loss

Remember that if you want to tone your arms, you really need to focus on losing fat. It is fat that makes arms look soft and it is losing that fat that makes your arms look hard, defined and toned.

It doesn't matter how nice your muscles are, if there is a layer of fat covering them, you will never get to see them. So, if you are having trouble toning your arms then perhaps you should shift your focus to weight loss practices like a clean diet and good cardio as opposed to weight training five days a week.

ENDS

For more information, pictures and sample requests, please contact Sara Stewart at Mad As A March Hare on 01684 575207 or email sara@madasamarchhare.com