

How to Add an Extra Inch to Your Arm & Leg Muscles in 15 Minutes a Day!

By [Todd Schankleighter](#)

Even if you are one of those strict martial artists that doesn't believe in hammering the weights in the gym on a regular basis to avoid getting too bulky adding an extra inch in lean muscle to your arms and legs can not only make you look a lot tougher but can have great advantages for battling in the octagon and in the street. So how can you do it without having to buy a gym membership or slaving away in the gym for hours day after day?

With just 3 simple exercises and a resistance band you can add lean muscle in just 15 minutes a day. When you do it is up to you, but you will get your best results either working out in the morning or doing these exercises just before or after any other exercises whether it be martial arts training or cardio. If you find basic resistance bands too easy then look for those that give you the choice of combining 2 or 3 together for more resistance.

For arms you can add size, muscle and strength easily with just 2 exercises. One for triceps and one for biceps. For biceps stand on the resistance band holding the grips in each hand by your sides. Simply perform bicep curls. They can be done alternating arms or both in tandem. If you find this easy you should be able to do 3 sets of 25 to 50 reps each.

For triceps, remain standing on the resistance band, bend at the knees while keeping the back straight and perform tricep kick backs just as you would with dumbbells. You should also be shooting to work up to 3 sets of 25 to 50 reps.

For legs you can simply add one exercise aimed mainly at the upper legs that will have residual benefits for all of the leg muscles. This exercise is a variation of the squat with resistance. Again, stand on the resistance cords, this time with grips held as if you were doing a squat with a barbell. Perform resistance squats. You should be able to get up to 3 sets of 25 reasonably quickly.

Tip: If you want to maximize your results, don't forget to eat! You should be eating protein within 30 minutes after exercising. Protein shakes are ideal if you are on the run, otherwise chicken breast or tuna is the way to go.

Todd Schankleighter is an independent content writer who specializes in the martial arts. Todd's passion is in the mixed martial arts as he is working for The MMA Zone as the online [martial arts supplies](#) store. Shop The MMA Zone for great prices on all your [MMA gear](#)!

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