

## 10 Best Exercises To Lose Arm Fat At Home – Best Arm Toning Workouts

[Deblina Biswas](#) [Exercises](#)

Flabby or big arms can really put you down and ruin your image! They are hard to carry in a slim fit dress and going sleeveless is a huge embarrassment. Both girls and guys have the same problems with their arms. Girls want toned and slim arms, whereas guys want huge muscles. No one likes saggy arms as they make your arms look bigger than they actually are. It is never too late to begin exercise for arms and the [best calisthenics program](#) often include arm toning exercises. It does not just reduce the fat around the area, but it also gives you toned arms. You will start feeling confident about yourself.



Many people have fat accumulated only in this region. The whole body is normal, but your arms maybe on the heavier side. Just follow these simple exercises for arms and you will be happy you did so. There is no need to become a member of a well-known gym and burn a hole in your pocket. You can perform these exercises in your house itself, using the things available. With these arm toning exercises you can make your flabby arms – fabulous in just 2 months. But you need to be determined enough to do so.

## 10 Best Exercises to Reduce Arm Fat

The back parts of the arms are called triceps and these are the most affected areas on the arms. They are fat guzzlers, they can get really annoying. You need only a table or chair to tone these. You don't need to buy extra pairs of clothes for exercising. You can do these in your comfort, at your home. So do try these simple exercises to lose fat fast from your arms.

## Weight Lifting

This is a time tested exercise to reduce arm fat and have toned arms. It is also an effective [exercise to remove belly fat](#) which strengthens the core. For this exercise, you need to select an item from your home to use as a weight. You can use a 2 liter cold drink bottle or a water bottle for this exercise. If you have a pair of dumbbells at home it works out just fine. The aim is to reach out for something which weighs around one kilo. Avoid using something breakable or valuable. It may fall down and break, so be very careful with your choice.



Hold that item with both your hands and lift it over your head. Your arms should be straight, as this is your starting position. Now lower the weight, by taking it behind your back. You need to reach it as low as you can. Make sure that you don't hurt yourself. Bring up the weight above your head, again. The slower you move your arms, the more toned your arms will get. It is important to keep your upper arms close to your head and ears. Also try to practice this exercise in front of the mirror if you can, it will help you improve the style. You need to do 3 sets of 20 reps, which means you will move the item 60 items above your head. After every set you can take a rest of one minute. Increasing the weight or time after every week will help you to tone your muscles, effectively.

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## Chair Dips

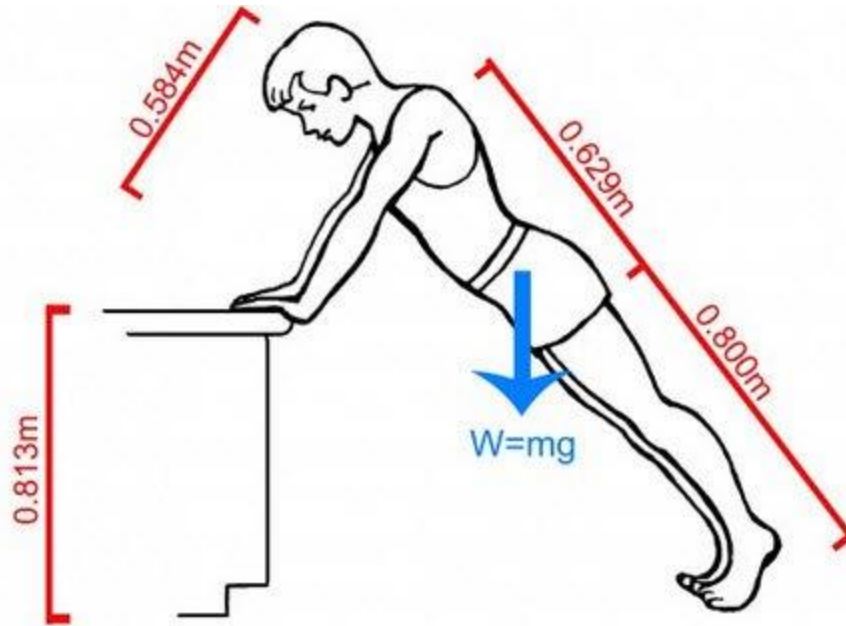
This is an effective fat reduce exercise that not only tones the arms, but also the back muscles. For this workout you need to choose a bed or chair, which is a little higher to the ground. Anything that will be stable on the ground is a good choice. A soft cushion sofa may not be the best idea; it will make the toning exercise harder to perform.



The furniture should be at least 2 feet higher than the ground. You should have 3 feet of free space in front of the item, to perform this exercise with ease. Face away from the furniture and place your hands on it. Your arms should be shoulder width apart. Move three to four steps away from the furniture; keep your upper body straight. This is your starting position. Bend your knees to match the furniture. Bend your elbows and move your whole body to the ground, the aim is to touch the floor. Come back into your normal position. You need to do 3 sets of 20 reps, every day. This is undoubtedly one of the best [exercises to do to lose weight fast](#).

## Counter Push Ups

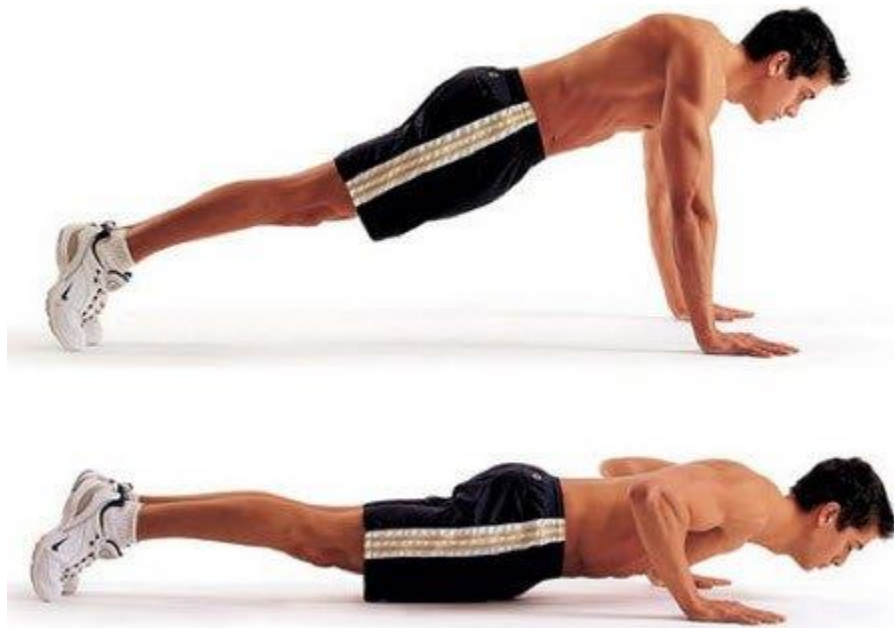
The counter push up is an amazing exercise to tone arms that can be done using a table or kitchen counter, as the focus of this exercise is on stability. You need to face the counter with your arms on the edge of it and your feet touching the base of the counter. Move back from the counter until you feel your body leaning forward on tiptoes.



You need to be balanced on your feet and your back should be straight. This is your starting position. Bend your elbows and come down till you touch the counter. Now straighten your elbows and come back to your starting position. This is a complete rep and you need to do 3 sets of 20 reps, every day. This will tone your arms within few weeks.

## Push Ups

Push ups are the ultimate [ab workouts for 6 pack without equipment](#). It is the perfect exercise for toned arms and strong core. The normal kind of push ups will help you to strengthen your muscles. It may be a little difficult at first, to gain balance. It is better to practice push-ups by balancing on your hands and knees (not hands and toes).



First start off with knee push-ups and then you can go in for the normal ones. This exercise will strengthen your muscles and tone them to the maximum. Do 3 sets of 10 reps every day, to get the best results. This is a very effective muscle building exercise, do try it out.

## Scissors

This exercise can be really fun to perform and will help you lose arm fat extremely fast. It is one of the [best cardio workouts to lose weight](#). This exercise as mentioned in the name resembles a scissors being opened and closed. You need to begin by standing straight and lifting your arms to shoulder height, in front of you.



Stretch your arms to the side and bring them back to your front, the right hand should overlap the left. This resembles an open scissors. You need to stretch them to the side again and bring them back to the front. This time your left arm should overlap your right. This is a complete rep and this exercise needs to be done in 3 sets of 10 reps every day.

## One Arm Tricep Dips

The one arm tricep dips in an effective exercise to lose arm fat that primarily focuses on the triceps – the back portion of the arms where most of the fat gets deposited. Being a powerful toning exercise it can be included in the [1200 calorie diet and exercise plan](#). The best thing about this exercise is that absolutely no equipments are required for doing it. All you will need is some clear space in your room.



## Arm Circles

This is yet another classic exercise for arms that is included in most exercise regimes in order to tone and shape the flabby arms. You can do this exercise with or without weights. Being a low impact exercise, it can be done while following the [vegan 7 day meal plan](#). You can hold two 600 ml water bottles in two hands while doing the arm circles.



## Single Arm Lateral Raise

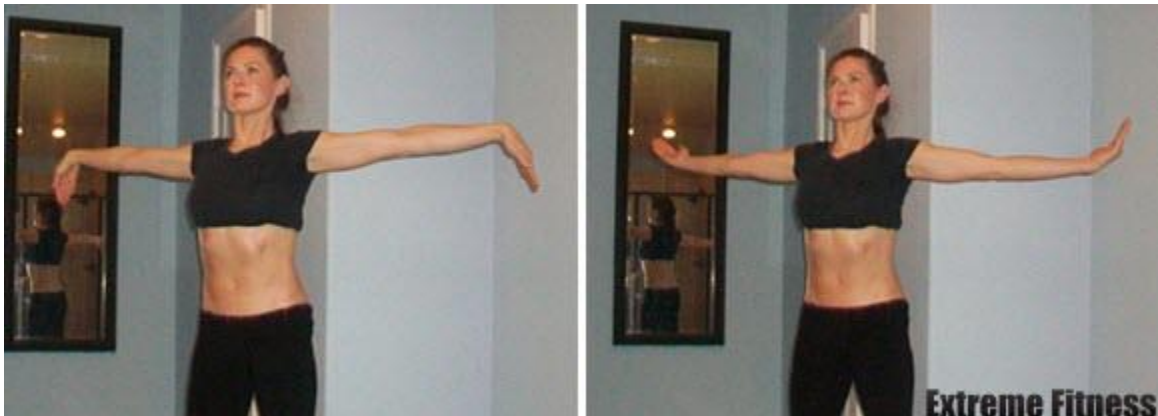
The single arm lateral raise is a power packed arm toning exercise that helps to lose fat fast from the arms and cuts out the jiggle. This exercise is also effective in strengthening the core muscles. Begin in a push-up position with knees and hands placed directly under the shoulders, holding a 600 ml water bottle or any similar weight in the left hand.



Now, raise your torso up till your right hand is completely straight and your left arm is raised parallel to the floor. Keep your abs engaged and torso stable and hold this position for a few moments. Then slowly lower your body to the starting position. Repeat the exercise by switching the weight to the right arm.

## Half-Moon Rotation

Exercises to lose arm fat and tone the arm muscles don't always need to be high intensity and exhaustive. Even medium intensity exercises that involve slow and controlled movements can also tone arm muscles effectively. The half-moon rotation exercise engages the major muscles of the shoulders and arms – the biceps and triceps.



Stand with your feet placed hip width apart and arms raised straight to the sides, raised at shoulder height and the fingers together. Begin by keeping your palms facing towards the floor and then slowly rotate your thumbs towards the back until the palms are facing the ceiling. Slowly rotate the thumb down and forward. Repeat it 30 times at a stretch for best results.

## Opposite Arm & Leg Lift

This is an amazing exercise for toned arms that strengthens both the arm and leg muscles and stretches the back. Therefore, it should be included in the [ectomorph workout plans](#) for better muscle growth and formation. This exercise is also beneficial for enhancing balance and perfecting the posture.





Get down on all fours with your knees placed directly below your hips and palms placed directly below your shoulders. Now, raise your right arm forward and stretch your left leg backward at the same time. Create a tension in your back by flexing your foot. Hold the position for a few seconds and then come back to the starting position. Repeat the same using your left arm and right leg. Repeat 15 to 20 times on both sides.

## Tips to Lose Arm Fat and Promote Weight Loss Naturally

Although nothing can take place of exercise and hard work, but following a few tips can help you cut out the fat that has deposited in the wrong places.

- **Count Calories** – Set a target of reducing 500 calories every day from your diet which will count up to 3500 calories in one week. That is equal to 2 pounds of weight loss per week.
- **Drink Water** – Keep yourself hydrated by drinking plenty of water. Cut out the intake of sugary beverages and alcohol.
- **Eat Breakfast** – Don't skip the first meal of the day under any circumstances, because it will lead to excessive eating during the latter part of the day.
- **Set Smaller Plates** – Eating your meals from smaller plates will help you reduce the portions and give you the sensation that you have eaten
- **Avoid Unhealthy Snacks** – Plan your meals in such a way that you don't feel like snacking on unhealthy salty and sugary foods.

These are the best exercises to lose arm fat that you can try out at home. They are really effective and need to be practiced on a daily basis. You can try all these exercises to lose arm fat or you can select only one. However to lose arm fat faster, you need to use all these exercises. They are aimed at sculpting your arms, so increasing the count of sets every week is essential. Combining these exercises with [foods with amino acids for muscle growth](#) will help in burning the fat faster and help in developing toned arms. Avoid injuries and catches; enjoy a strengthening and refreshing workout at home. Maintain a good diet and focus on the weight loss. Enjoy the benefits of a healthy and happy body.

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