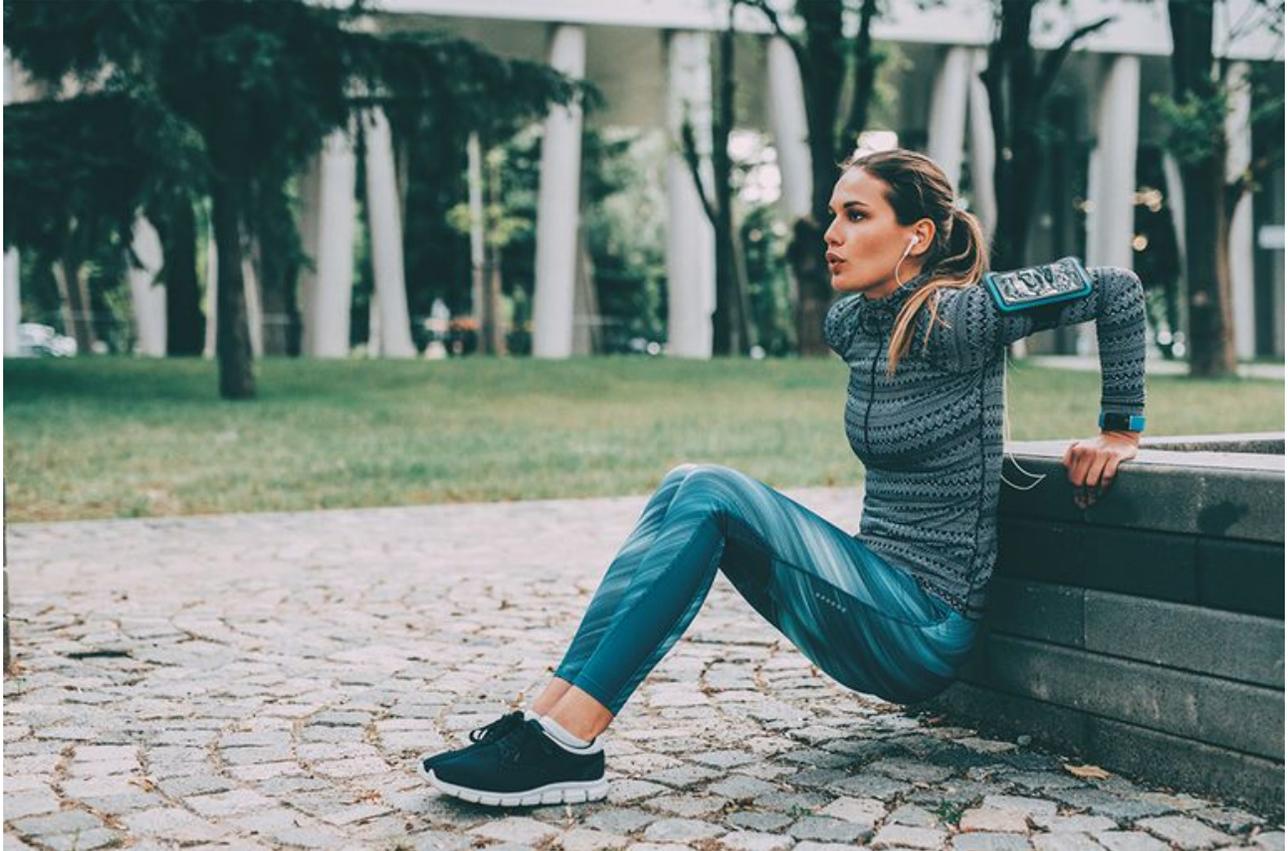


# How Bad Is It To Do Back-To-Back Arm Workouts?

WH [womenshealthmag.com/algo.html](https://www.womenshealthmag.com/algo.html)

By Amy Schlinger

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You've heard trainers say not to do arms day two days in a row, but what if you really, *really* want to tone your arms ASAP? (Those guns aren't going to sculpt themselves!)

It really all boils down to which exercises you're doing and what muscles you're activating. "It can be okay to work the same muscle groups on consecutive days, so long as you're not directly repeating the exact same exercises, loads, repetitions, etc." explains [Karlyle Alvino](#), a National Academy Of Sports Medicine-certified personal trainer, a Flybarre instructor at [Flywheel Sports](#), and the founder of [Iron Diamond Fitness](#) in New York City.

There are a lot of muscles in the arms, so it's okay if you're working your biceps, followed by triceps the next day, and then your delts the following day. This allows each muscle group time to rest and rebuild, which is necessary if you want to see results. "It sounds counter-intuitive, I know, but when we weight train and resistance train, we are causing tiny tears in our muscles," explains Alvino. "If we do not let our bodies recover, then we are literally just tearing them apart little by little, until they no longer function for us the way we want or need them to."

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So if you're working your arms all the time and still aren't seeing results, you could be overtraining them.

The good news is you can fix the issue pretty easily. To get the arms you're gunning for, Alvino suggests dedicated weight training one to two days per week, something that will work your arms but without heavy resistance (like barre or Pilates) one to two days per week, and two to three days of cardio interval training. You should leave one to two days for complete recovery to give your muscles a chance to rebuild.

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If you're looking for results, like, yesterday, a trainer can help you create a workout program tailored to your exact needs. "It's not necessarily cheap, but I promise, the investment is worth it," says Alvino.