

BY MIVATT MURPHY

/// LOADED GUNS ///

FOUR TOP TRAINERS TELL YOU HOW TO BUILD HUGE ARMS.

If you've spent way too much time trying to pump up your sleeves but have nothing to show for all those thousands of concentration curls, we have the ultimate muscle plan for you.

To get to the bottom of better arms, we asked four exercise experts the most important questions about developing bigger and stronger biceps and triceps. Their answers are your ultimate from-a-living-bell-of-steel-looking-arms.



MIKE MAHAN, PT, DPT, is a celebrity personal trainer and owner of Elite Fitness Training Systems in Los Angeles.



NICHOLAS DIPETRO, MD, is an orthopedic consultant for the Philadelphia 76ers and author of "Framework: Your 7-loop Program for Healthy Muscles, Bones, and Joints." www.fitness.com



ROSE ELMORE-PORTER, MS, ACSM, is a lecturer for the Department of Kinesiology and Health Education at the University of Texas.



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