

why arent my arms getting bigger?

You need to work your entire body to make your arms grow. It is about 10-15 lbs. of bodyweight distributed fairly evenly before you see an inch on your arms. You cannot just work arms and expect them to grow. And, of course the second mistake is your statement, "as for my diet....well I am not really sure". Not being sure will get you just that, not being sure gains. You have to have a caloric surplus to gain. In good macro amounts. In the beginning, anything works. But once past that stage, you need a concrete plan to gain and succeed.

In general, improvements in arm measurement are related to gains in lean body mass. A good rule of thumb is that for every inch you want to gain on your arms, you need to gain roughly 15 pounds of equally distributed body mass. In other words, to make significant improvements in your arms, you have to gain mass all over your entire body.

The human body is a finely-tuned machine that will only allow for a certain amount of asymmetry. Therefore, if you devote your training energies solely to building big arms, you'd eventually reach a point of total stagnation because you weren't training your legs. In other words, no wheels, no wings! Furthermore, if arms grew without some sort of concurrent development in the legs, most bodybuilders would have to walk on their hands.

This is for the advanced bodybuilder. New gains can happen quite rapidly for a while, especially if arms are undersized anyway. Your arms may well be bigger, but you most probably gained mass over your entire body also and displaced fat. Arm growth can only happen to a certain extent. As far as your being bigger after training, this is simply a blood pump(a good thing), but it subsides soon afterwards. While your gains are quite impressive, congrats on that, think about this. If you could just gain in your arms consistently by dimply working arms and nothing else, there would be tons of folks with 20 inch arms? Many people try to work just upper body for instance. Consider this...

Your arm size should reflect your ponderal index (how much muscle mass you have for your height). This is the best approach, as it takes into account that arm size is a byproduct of overall mass gains.

Genetic factors play a big part in arm potential. If you come from a family whose members all resemble comedian JJ Walker, chances are that you'll never really have arms that serve as shade for small forest animals.

Generally, three genetic factors ultimately determine arm growth potential:

1) Number of muscle cells

A Canadian study of elite bodybuilders revealed that those bodybuilders with the greatest amount of cells are, in fact, the ones who normally achieve the largest cross-sections of muscle.

2) Length of muscle belly

The lower a muscle inserts (the closer to the elbow joint), the greater its potential for hypertrophy. Just look at Larry Scott's biceps compared to Franco Columbo's biceps. Larry's have a very low insertion point, which gave him great potential for arm growth. Columbo's insertion was relatively high, but his lats inserted very low—and that, of course, was his most famous bodypart.

3) Hormonal make-up

This is obviously the easiest one to circumvent, and that's why steroids are so popular with the genetically challenged.

Regardless of your particular genetic limitation (if you have any), don't simply resign yourself to fate and accept that you'll never have big arms. Anyone, with the proper knowledge in hand, can expect to gain a significant amount of overall muscle—and that, of course, will translate into arm mass.