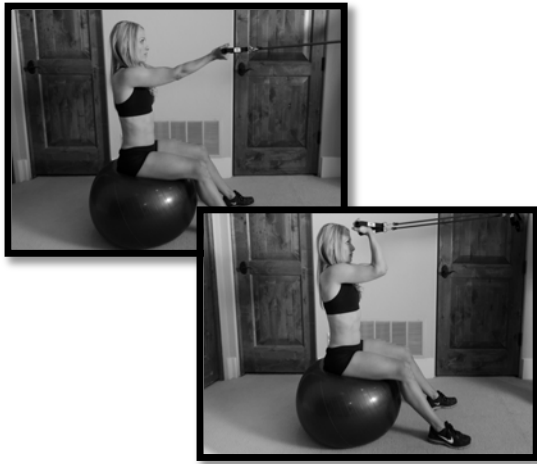


ARM EXERCISES

Arm training will include both bicep as well a triceps training and is an excellent way to gain strength in these muscle groups while also improving your performance during chest, shoulder, and back work as well. Since these two muscle groups act as assistant muscles for those lifts, the stronger they are, the more weight you can lift overall.

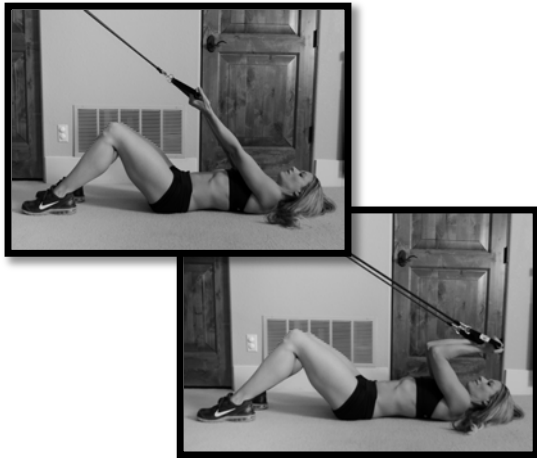
The key point to remember as you go about all your arm training exercises is to make sure that you perform the exercises using a very slow and controlled movement pattern. Really stop and focus in on each muscle contracting and relaxing in order to work it to its full capacity.

Never rush through your reps during arm training. Generally speaking, the slower the tempo, the better.



BICEP CURL (SEATED)

- 1.) Attach the door anchor above your head and position an exercise ball about 3-4 feet away from the door.
- 2.) Sit straight up onto of the exercise ball, back upright holding the exercise band in both hands at the same level as the top of your head, palms facing up.
- 3.) From there, bend the elbows as you curl the bands toward your head until your arm are fully bent into position.
- 4.) Pause and then return to the starting position to complete the rep.
- 5.) Avoid letting your back lean forward or backward as you perform the movement.



BICEP CURL (HIGH)

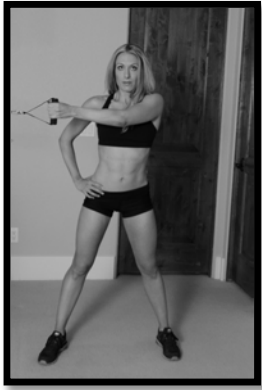
- 1.) Attach the door anchor above the door and lie back down on the floor, knees bent and arms holding onto the band with palms facing toward you, elbows extended.
- 2.) Keeping the elbows stationed, begin to bend the arms, curling the band towards the body.
- 3.) Once the arms are fully bent, pause and then return to the starting position to complete the rep.
- 4.) Continue on until all reps are completed.
- 5.) Make sure to keep the small of your back pressed flat down on the ground at all times as you go through this exercise.



BICEP CURL (ONE ARM STANDING)

- 1.) Stand in an upright position with the feet wider than hip width part, one foot over the end of the resistance band with the other hand holding the band so there's enough tension and the band is taught.
- 2.) Curl the band up towards the body, bending at the elbow and using the bicep muscle to direct the movement.
- 3.) Pause at the top of the movement and then slowly lower the band back down to the starting position to complete the rep.
- 4.) Once all reps are completed, switch sides and repeat.

TRICEPS EXTENSION (HIGH CROSS BODY)



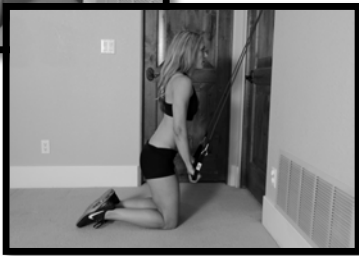
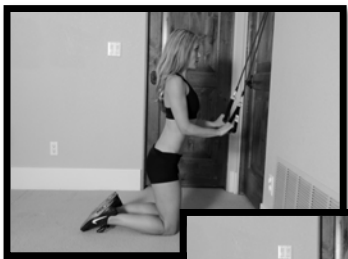
- 1.) Attach the door anchor at shoulder height level and stand so that your body is facing perpendicular to the door.
- 2.) Grab a hold of one end of the resistance band with the arm furthest to the door, allowing the arm to cross over the body with a bend in the elbow.
- 3.) From here, extend the elbow as the arm moves across the body until fully extended.
- 4.) Pause in this position and then allow the arm to move back to the starting position to complete the next rep.
- 5.) Once all reps are completed on that side, switch sides and repeat.

TRICEP EXTENSION (SEATED ONE ARM)



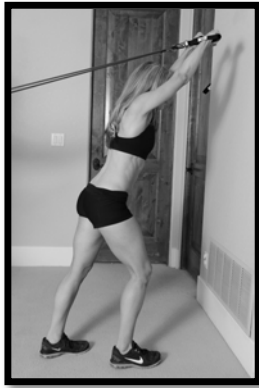
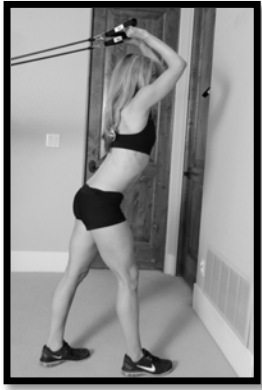
- 1.) Attach the door anchor to the top of the door and then position your chair facing away from the door 4-5 feet away.
- 2.) Hold the resistance band in one hand, placed above the head with the elbow bent.
- 3.) From here, extend the elbow, using the tricep to drive the movement pattern.
- 4.) Pause while holding the extended position briefly and then come back to the starting position to complete the rep.
- 5.) Once all reps are completed, switch sides and repeat to the other side.

TRICEP EXTENSION (KNEELING)



- 1.) Attach the door anchor attachment to the top of the door.
- 2.) Get down on your knees so you're in the kneeling position with your body still upright.
- 3.) Hold the resistance band with both hands, keeping a bend in the elbow so the hands are just above waist height.
- 4.) From there, extend the hands downwards as you straight the elbows, using the tricep muscle to guide the action.
- 5.) Pause when you're in the extended position and then allow the hands to move back to the starting position to complete the rep.

TRICEP EXTENSION (OVERHEAD)



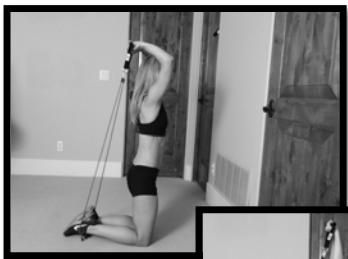
- 1.) Attach the door anchor so it's at about back height level or slightly lower.
- 2.) Stand 3-4 feet away from the door, holding the resistance band in both hands above the head with the elbows bent.
- 3.) Slowly extend the elbows as you straighten the arms and extend them using the tricep muscle.
- 4.) Pause in this position and then begin bending them as you move back into the starting position.

TRICEP KICKBACK (TWO ARMS)



- 1.) Attach the door anchor so it's at the top of the door or at least head height level.
- 2.) Bend over at the waist so you're at about a 45 degree lean forward, leaning toward the door.
- 3.) Hold the resistance band in both hands, bending the elbows so the hands are in front of the body.
- 4.) From there, extend the arms as you move the hands back towards each hip.
- 5.) Pause in the extended position and then return to the start to complete the rep.

TRICEP EXTENSION (KNEELING OVERHEAD)



- 1.) Position yourself so you're kneeling on the floor, the resistance band placed around the feet, holding each end in either hand behind the body with the elbows bent.
- 2.) From there, extend the elbows as you push the hands up directly above the head.
- 3.) Pause and then lower back down to the starting position to complete the rep.
- 4.) Remember to keep your abs tight and back straight at all times throughout this exercise.