

# Arms(2)

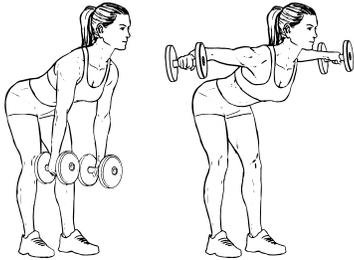
Arms, Back, Shoulders



AT P.

Begin with 15-20 minutes of cardio warmup (stairclimber, treadmill, elliptical, bike, rowing, etc.)

## Dumbbell Bent Over Lateral Rear Delt Raises / Flyes



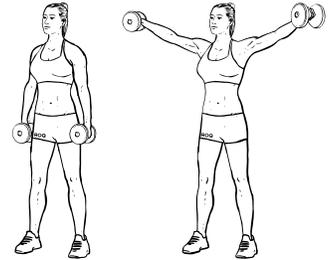
3 sets 8 reps 10 lbs

## Single / One Arm Dumbbell Bench Rows



3 sets 10 reps 15 lbs

## Lateral / Side Shoulder Dumbbell Raises / Power Partial



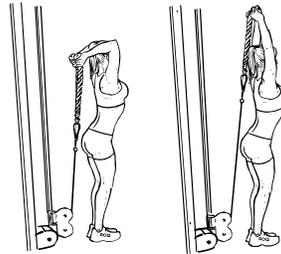
2 sets 15 reps 5 lbs

## One-Arm Dumbbell Preacher Curl



2 sets 6 reps 20 lbs

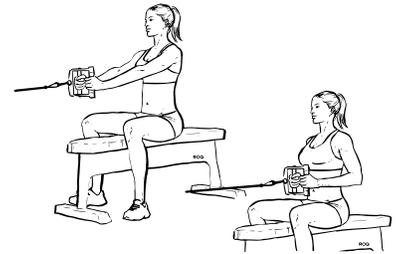
## Cable Rope Overhead Triceps Extensions



3 sets 8 reps 20 lbs

Should be difficult. Up by 10lbs as necessary.

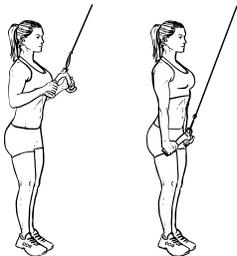
## Seated / Low Cable Back Rows



3 sets 10 reps 40 lbs

Up by 10 lbs as necessary. Should be moderate.

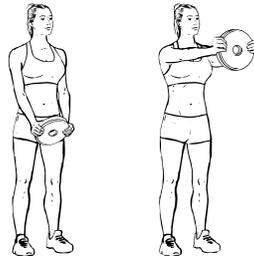
## Tricep Cable Rope Push / Pull Downs



3 sets 10 reps 20 lbs

Should be moderate. Up by 10lbs as necessary.

## Standing Front Shoulder Plate / Dumbbell / Kettlebell Raises



2 sets 8 reps 10 lbs

Up by 10lbs as necessary. Should be difficult.



Trail Name Here

## Dumbbell Bent Over Lateral Rear Delt Raises / Flyes

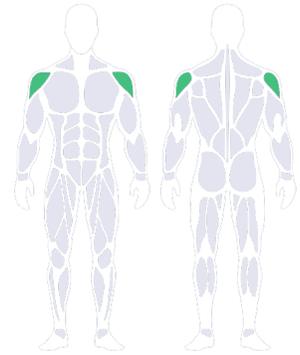
Primary muscle group(s):

**Shoulders**

Begin by holding a pair of dumbbells and standing with a braced core. Bend at the knees slightly and lean forward from the hips. Maintain a flat back throughout.

Keeping your elbows slightly bent throughout the movement, lift the dumbbells up and out to the side. Be sure to focus the contraction in the back of the shoulders.

Pause at the top of the movement then slowly bring the dumbbells to the starting position.



## Single / One Arm Dumbbell Bench Rows

Primary muscle group(s):

**Lower Back, Upper Back & Lower Traps**

Secondary:

**Abs, Biceps, Shoulders**

Place a dumbbell on each side of a flat bench.

Place your right knee on the end of the bench.

Bend your torso from the waist until your upper body is parallel to the floor, while placing your right hand on the bench in front of you for support.

With your left hand, pick up the dumbbell with an overhand grip. The palm of your hand should be facing into you.

Keep your lower back straight. This is the start position.

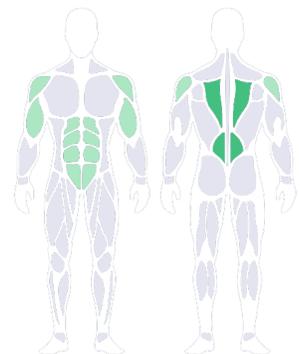
Using your back muscles, pull the dumbbell straight up to the side of your chest, keeping your upper arm close to your side. Exhale as you do so.

At the top of the movement, hold for a count of one and squeeze your back muscles.

Return to the start position inhaling as you do so. Repeat.

Complete all repetitions for one side before switching sides.

**i** This exercise can be performed using a cable station, with a stirrup handle attached to either the high or low pulley.



## Lateral / Side Shoulder Dumbbell Raises / Power Partial

Primary muscle group(s):

**Shoulders**

Stand with your back straight, feet shoulder width apart, while holding a dumbbell in each hand with a neutral grip.

Hold your arms fully extended by your side, with your palms facing in to your body.

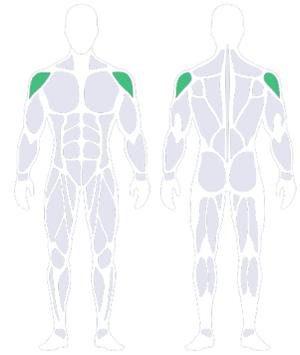
Keep your elbows close to your sides. This is the start position.

Keeping your arms fully extended and your torso stationary, lift the dumbbells out to your sides and up until they are at shoulder level. Exhale as you do so.

Hold for a count of one while squeezing your shoulder muscles.

Return to the start position in a smooth controlled movement inhaling as you do so.

Repeat.



## One-Arm Dumbbell Preacher Curl

Primary muscle group(s):

**Biceps**

Secondary:

**Forearms**

Set up a preacher curl bench making sure that the seat is set at the right height for you. The seat shouldn't be so low that you need to raise your shoulders, or so high that you need to lean over the support pad.

Rest your arm on the support pad with your triceps near the top and your elbow midway down the pad.

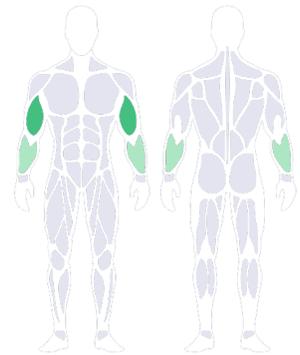
Grip the dumbbell with an underhand grip at shoulder width.

Curl the dumbbell in towards your chin and upper chest in a single smooth arc. Hold for a count of one while squeezing your biceps.

Lower the dumbbell by extending your arms back to the starting position.

Repeat for the desired number of repetitions then change to your other arm.

This exercise is designed to isolate and focus attention on the biceps. Therefore resistance is stronger at the start of each repetition. So when you begin each repetition, don't "swing" your arm to move the weight.



# Cable Rope Overhead Triceps Extensions

Primary muscle group(s):

**Triceps**

Secondary:

**Forearms**

Attach a rope to the bottom pulley of a cable station.

Grip the rope with both hands using a neutral grip. Turn your body away from the cable station.

Fully extend your arms until your hands are directly above your head pointing to the ceiling.

Keep your elbows close to your head. This is the start position.

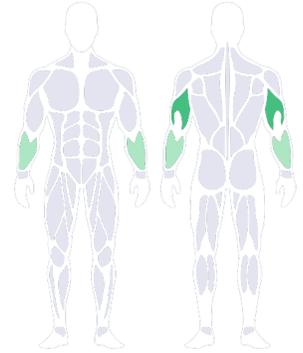
Slowly lower the rope behind your head, keeping your upper arms stationary, inhaling as you do so.

When your triceps are fully extended, hold for a count of one while squeezing your triceps.

Return to the starting position by flexing your triceps and extending your arms. Exhale as you do so.

Repeat.

**i** This exercise can be performed seated on a plain bench, or one that has a back support. You can also use a single dumbbell instead of the rope.



## Seated / Low Cable Back Rows

Primary muscle group(s):

**Lower Back**

Secondary:

**Biceps, Shoulders, Upper Back & Lower Traps**

Connect a V-bar attachment to the low pulley on a cable station or cable rowing machine.

Sit down at the station and place your feet on the foot pads or crossbar provided, while keeping your knees slightly bent.

Lean forward, keeping your back straight and grip the V-bar handles with both hands.

Keeping your arms fully extended pull back until your torso is at a 90-degree angle from your legs.

Your back should be slightly arched, with your chest should be pushed out. This is the start position.

Keeping your torso stationary, pull the handles back towards you while squeezing your back muscles.

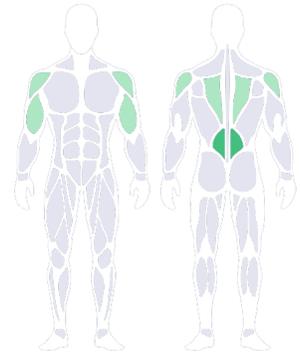
Keep your arms close to your sides until your hands reach your abdomen. Exhale as you perform this movement.

Hold for a count of one.

Inhale as you return to the start position in a smooth movement.

Repeat.

**!** Do not swing or rock back and forth as you perform this exercise. Doing so can cause lower back injury. You can perform this exercise using a straight bar instead of a V-Bar. You can use an underhand or overhand grip.



## Tricep Cable Rope Push /Pull Downs

Primary muscle group(s):

**Triceps**

Secondary:

**Abs, Forearms**

Set up a cable station with a straight bar on attached to the top pulley.

Grip the bar with an overhand grip,with your hands slightly less than shoulder width apart.

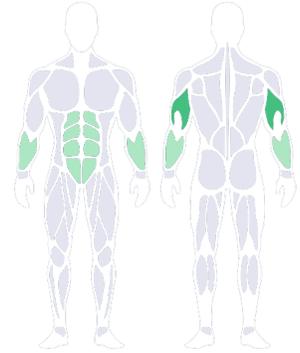
Position your feet shoulder width apart,with knees slightly bent for stability.

Pull the bar down until your forearms are parallel to the floor with your elbows close to your body and your wrists locked in a straight position. This is your staring point.

Moving only your forearms, push the bar down towards the floor until your arms are fully extended and you feel a stretch in your triceps. Hold for a count of one and squeeze your triceps.

Return to the start position moving your forearms only. Hold for a count of one then repeat.

 Do not move your elbows or swing your hips for momentum during this movement.



## Standing Front Shoulder Plate / Dumbbell / Kettlebell Raises

Primary muscle group(s):

**Abs, Shoulders**

Secondary:

**Upper Back & Lower Traps**

Stand tall with a tight core and flat back. Hold a weight plate, dumbbell or kettlebell with both hands in front of your hips. Be sure to use an overhand grip. You can also use a resistance band secured under your feet. Your feet should be shoulder-width apart.

With a slight bend in the elbows, raise the weight plate up and in front of you. Pause and squeeze the shoulders when you reach chest level.

Slowly lower the plate to the starting position, immediately moving into the next repetition.

