



DAY 2 WORKOUT

ARM EXERCISES – BICEPS & TRICEPS

Instructions: Keep head in alignment with spine at all times. Keep core engaged and knees slightly bended. Breathe out on the positive part of the exercise and exhale on the negative (as you release). Focus on the muscle you are working by feeling the muscles squeeze.

Superset – Pick one Bicep exercise and one Tricep exercise. Perform 1 set of each, and then start over. This is called a superset

Depending on your fitness level perform 1-3 sets of each exercise with 12-15 repetitions.

1. STANDING BICEP CURLS

Choose a band where you can get 12-15 reps with each set. Stand with band under both feet, keep knees slightly bent, core tight, and chest lifted. Grip the handles and start doing a bicep curl. As you curl up, squeeze your biceps at the top of the movement, and then lower holding the resistance for a count of three. Repeat until you hit failure around 12-15 repetitions.



2. STANDING OVERHEAD TRICEPS EXTENSIONS

Hook the band around something secure. Take each handle into your hands and face away from where the band is secured.

Take a staggered stance with your feet and lean forward on your front foot. Keep the body in a tight position with core tight and chest up. Only move your forearms by extending them forward over your head and squeezing your triceps. Bend them back, feeling the stretch in the forearms, and extend again. Repeat until you hit failure around 12-15 repetitions.



4. STANDING ONE ARM FORWARD BICEP CURL

Hook the band under your front foot. Take both handles into one hand keeping the core tight and chest high and begin doing a bicep curl. As you curl up, squeeze your biceps at the top of the movement, then lower, holding the resistance for a count of three. Repeat until you hit failure around 12-15 repetitions.



5. LYING FACE UP TRICEPS EXTENSION

Hook the band around something secure. Lay on the floor and take the handles into your hands. Bend at the elbows releasing the tension of the bands, bringing your hands back by your ears. Then, extend the arms and squeeze the triceps. Repeat until you hit failure around 12-15 repetitions.



6. STANDING ALTERNATING BICEP CURL

Stand with the band under both feet, keep knees slightly bent, core tight and chest lifted. Grip the handles and start doing a bicep curl with one arm. As you curl up, squeeze your bicep at the top of the movement, then lower, holding the resistance for a count of three, and starting the bicep curl with the other arm. Repeat until you hit failure around 12-15 repetitions.



7. TWO ARM TRICEPS KICKBACK

Hook the band around something secure. Take the handles into your hands. Bend slightly over at the hips, keeping the core tight and chest lifted. Only bend at the elbows, bringing the forearms forward, then extend them back and flex the triceps on top of the movement. Repeat until you hit failure around 12-15 repetitions.

