



JERSEY STRONG[®]

FULL BODY WORKOUT
FOR DEFINED ARMS

FULL BODY WORKOUT FOR DEFINED ARMS

This exercise program is designed to give you a full body workout, while having a serious focus on getting definition in your arms.

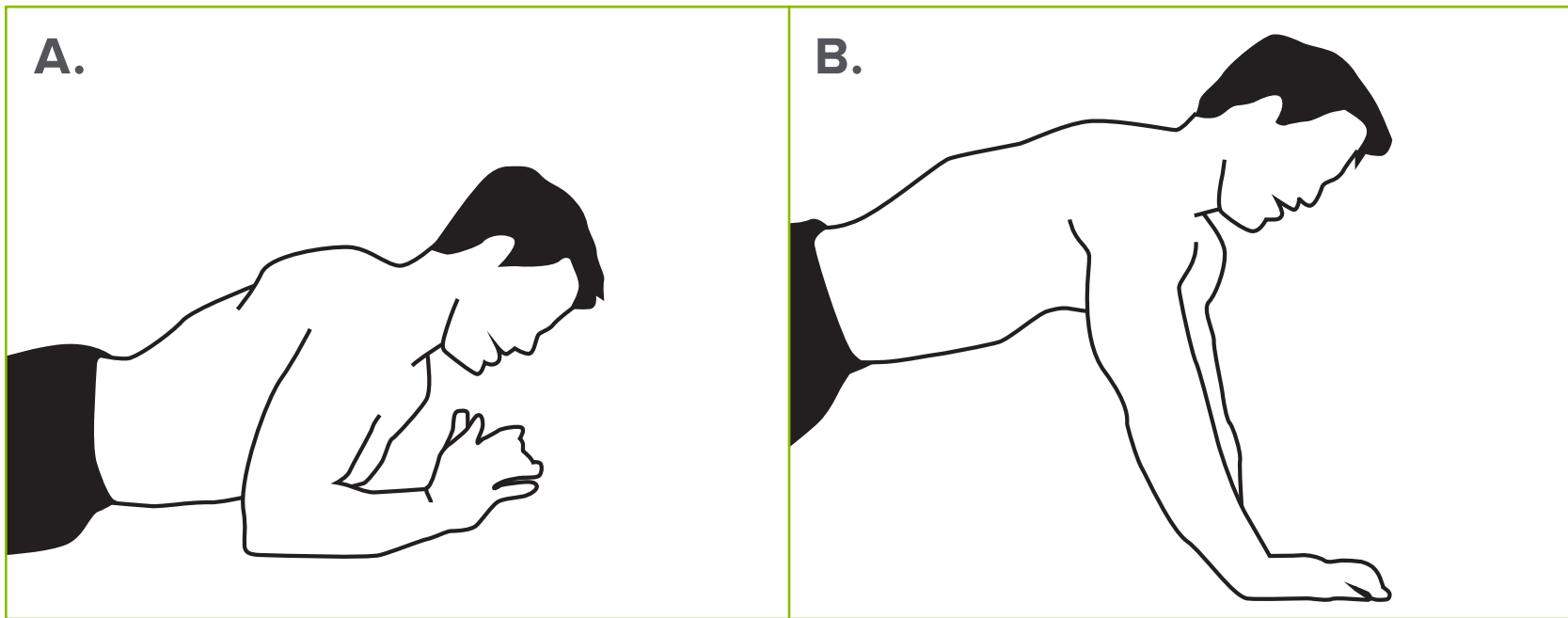
This workout is comprised of 5 exercises based on the 5 pillars of human movement and function – Push, Pull, Squat, Core, and Rotate. The workout is designed to be performed in a circuit format, one exercise right after another with a work-to-rest ratio of 30-50 seconds of work to 10-30 seconds of rest – all depending on your personal fitness level. Complete the circuit 3-5 times with 1-2 minutes of rest between each circuit – again, depending on your personal fitness level.

You can perform this workout 2-3 times a week for 4-6 weeks. Each time you perform the workout you should be thoughtful of proper form, and you should be trying to slightly increase your intensity (but not at the sacrifice of proper form). Remember, results come from your body being challenged to adapt to progressive increases in workout intensity. After about 4-6 weeks workout results typically plateau, so it's important to change-up your workout plan regularly to keep your muscles challenged and your results coming.

DISCLAIMER: Information contained in this guidebook is provided for informational purposes and is not meant to substitute advice provided by your own physician or other medical professional. Always seek guidance from your own physician or other medical professional before engaging in any physical activity program. Information contained in this guidebook is not intended to diagnose, treat, cure or prevent disease.

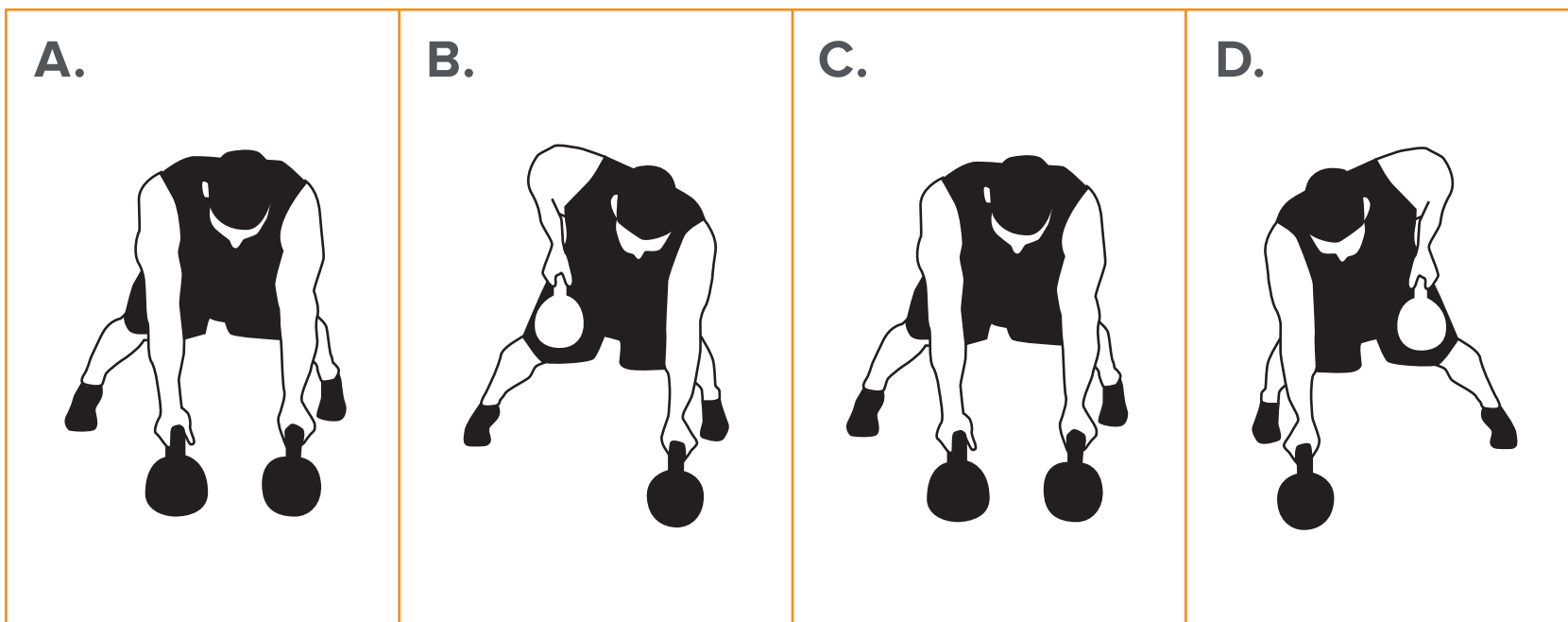
BODY-UP

- Main muscle worked is the back of the arm A.K.A. Triceps
- Other muscles worked include the abdominals & forearms
- **Description**
 - On the ground get into a push up position but instead of being on your hands rest your upper body on your forearms. Keep your body weight split between your toes and forearms while keeping your body in a straight line. Your elbows should be shoulder width apart. To begin the movement press your palms into the ground and extend your elbows until your arms are fully extended. Keep your abs tight and do not allow your back to arch instead keep your body ridged. To complete the movement slowly bring your elbows back down to the ground.
 - Regressions: instead of being on your toes move to your knees.



ALTERNATING RENEGADE ROW

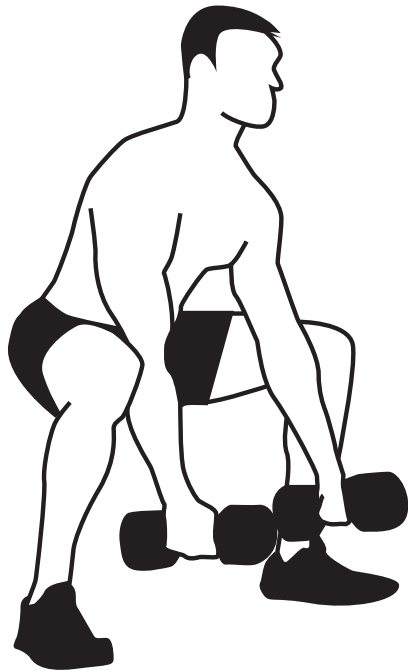
- Main muscle worked is the mid back A.K.A. Rhomboids
- Other muscles worked include the abdominals, Biceps, Chest & Triceps
- **Description**
 - On the ground get into a push up position but instead of being on your hands Grip either dumbbells or kettlebells. Keep your body weight split between your toes and forearms while keeping your body in a straight line. Your hands should be shoulder width apart. To begin the movement, pull a kettlebell up to your side while pushing the other kettlebell into the ground. Slowly lower the kettlebell back to the ground and repeat with the other side. Continue to alternate between both hands while keeping your abs tight and your body ridged.
 - Regressions: instead of being on your toes move to your knees and use a lighter weight kettlebell.



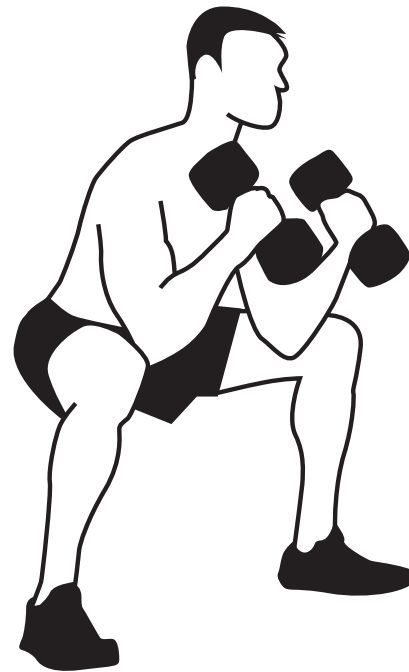
SQUATTING CONCENTRATION CURL

- Main muscle worked is the front of the arm A.K.A. Biceps
- Other muscles worked include the forearms
- **Description**
 - With a dumbbell in each hand get into a squatting position. Place each elbow against the inner thigh of the leg on the same side. Maintaining a squatting position and a natural spine, perform a slow bicep curl keeping your elbows against the inner thighs.

A.

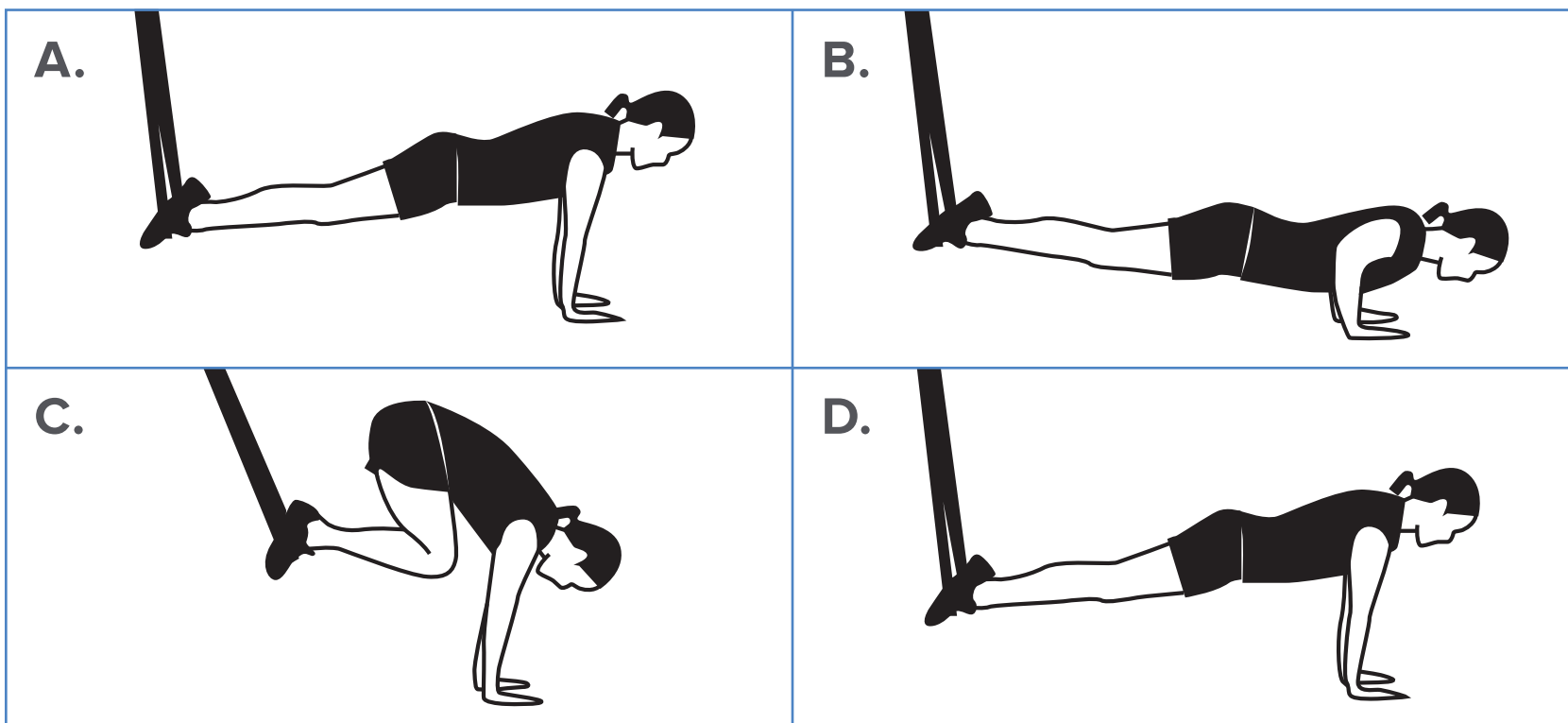


B.



SUSPENDED REVERSE CRUNCH

- Main muscle worked are the abdominals and Chest A.K.A. pectorals
- Other muscles worked include the lower back and shoulders
- **Description**
 - Begin with your feet suspended about a foot off the ground by a suspension strap like TRX. Be sure to keep your body in a straight line preventing your hips from sagging. This position is the starting posture. To begin the movement, flex the knees and hips bringing your knees into your body. Once you have reached a fully flexed posture slowly return to the starting position. Repeat for the desired reps making sure you do not allow your hips to sag in the starting position.



SUSPENSION SQUAT TO ROTATION

- Main muscle worked are the thighs
- Other muscles worked include the abdominals
- **Description**
 - Begin with a suspension handle in your right hand and a distance that will allow you to squat to a 90 degree knee bend and puts your body at a slight lean backwards. Begin the movement by squatting down and rotating the hand not holding the strap back behind you allowing your torso to follow. Once you reach the full squat and rotation pull yourself up into a standing position while rotating the hand not holding the strap to the strap, this completes the repetitions movement. Perform an equal amount of reps on each side for each set. (i.e. 5 with the right hand holding onto the suspension handle and 5 with the left hand holding on)

