

# Arm Workout

"Good things come to those who sweat"





# **Thank you for purchasing the Fitfully Chic Arm Workout. Enclosed you will find your workout schedule and exercise guide.**

**PROGRESSIVE SET:** A progressive set is where you pyramid up in weight as you reduce your rep range and then reverse the pyramid to return to your starting weight and rep range. For example: You perform an exercise for 15 reps at 50 lbs., you will now add 2.5-5 lbs. and perform 12 reps, then repeat and add another 2.5-5 lbs. and perform 8 reps. After completing 10 reps at your highest weight you keep the weight the same and perform another 10 reps, then reduce the weight by 2.5-5 lbs. and perform 12 reps, and finally return to your starting weight and perform 15 reps.

**SUPER SET:** A super set is comprised of 2 exercises A & B performed back to back with no rest for a prescribed rep range. Then taking a 20 – 30 seconds rest before starting the next set. An example of how this technique is executed would be as follows: You choose your starting weight for both exercises and perform exercise A for 15 reps, then immediately perform exercise B for 15 reps. You now take a few seconds to add 2.5-5 lbs. to each exercise and perform 12 reps for exercises A & B and so forth until the prescribed set/rep range is met.

**PROGRESSIVE SUPER SET:** In a progressive super set you combine both of the above techniques. You perform 2 exercises A & B back to back for each like rep range as you pyramid up in weight 2.5-5 lbs. for each set and then reverse after your lowest rep range until you return to your starting weight.

**SINGLE SET:** A single set is comprised of one single exercise performed for a prescribed rep and set range. This is an example of how this type of set is executed. You have one single exercise, perform the movement for the prescribed amount of reps and then rest for 30 seconds before moving on to the next set. Repeat this cycle until you achieve the prescribed rep/set range.

# Exercise Guide

**EZ BAR CURL:** 1. Stand up straight while holding an EZ curl bar at the wide outer handle. The palms of your hands should be facing forward and slightly tilted inward due to the shape of the bar. Keep your elbows close to your torso. This will be your starting position. 2. Now, while keeping your upper arms stationary, exhale and curl the weights forward while contracting the biceps. Focus on only moving your forearms. 3. Continue to raise the weight until your biceps are fully contracted and the bar is at shoulder level. Hold the top contracted position for a moment and squeeze the biceps. 4. Then inhale and slowly lower the bar back to the starting position and then repeat.

**DUMBBELL OVERHEAD EXTENSION:** Grab a pair of dumbbells and stand tall with your feet shoulder-width apart. Extend your arms overhead, your palms facing each other. Bend your elbows to lower the dumbbells behind your head until they are perpendicular to the floor, keeping your elbows in close to your head. Pause, and then straighten your arms to return the dumbbells to the starting position.

**CABLE ROPE PUSHDOWN:** 1. Attach a rope attachment to a high pulley and grab with a neutral grip (palms facing each other). 2. Standing upright with the torso straight and a very small inclination forward, bring the upper arms close to your body and perpendicular to the floor. The forearms should be pointing up towards the pulley as they hold the rope with the palms facing each other. This is your starting position. 3. Using the triceps, bring the rope down as you bring each side of the rope to the side of your thighs. At the end of the movement the arms are fully extended and perpendicular to the floor.

The upper arms should always remain stationary next to your torso and only the forearms should move. Exhale as you perform this movement. 4. After holding for a second, at the contracted position, bring the rope slowly up to the starting point. Breathe in as you perform this step, and then exhale as you repeat.

**DUMBBELL TRICEPS KICKBACK:** 1. Hold a pair of dumbbells at your side palms facing in, with feet shoulder width apart. Bend at the knees and bring your torso parallel to the floor and pull dumbbells up to torso. 2. Keeping your back straight extend the dumbbell behind your body by straightening your arms and pushing your pinky finger towards the ceiling. 3. Pause for a second, then return to starting position and repeat.

**DUMBBELL SEATED CURL:** 1. Sit on a flat bench with a dumbbell on each hand being held at arms length. The elbows should be close to the torso. 2. Rotate the palms of the hands so that they are facing your torso. This will be your starting position. 3. While holding the upper arm stationary, curl the weights and start twisting the wrists once the dumbbells pass your thighs so that the palms of your hands face forward at the end of the movement. Make sure that you contract the biceps as you breathe out and make sure that only the forearms move. Continue the movement until your biceps are fully contracted and the dumbbells are at shoulder level. Hold the contracted position for a second as you squeeze the biceps. 4. Slowly begin to bring the dumbbells back to the starting position as you breathe in and as you rotate the wrists back to a neutral grip. Pause for a second and then repeat.

**DUMBBELL HAMMER CURL:** 1. Stand up with your torso upright and a dumbbell on each hand being held at arms length. The elbows should be close to the torso. 2. The palms of the hands should be facing your torso. This will be your starting position.

3. Now, while holding your upper arm stationary, exhale and curl the weight forward while contracting the biceps. Continue to raise the weight until the biceps are fully contracted and the dumbbell is at shoulder level. Hold the contracted position for a brief moment as you squeeze the biceps. Tip: Focus on keeping the elbow stationary and only moving your forearm. 4. After the brief pause, inhale and slowly begin to lower the dumbbells back down to the starting position, and then repeat.

**CABLE EZ BAR CURL:** 1. Stand up with your torso upright while holding a cable curl bar that is attached to a low pulley. Grab the cable bar at shoulder width and keep the elbows close to the torso. The palm of your hands should be facing up (supinated grip). This will be your starting position. 2. While holding the upper arms stationary, curl the weights while contracting the biceps as you breathe out. Only the forearms should move. Continue the movement until your biceps are fully contracted and the bar is at shoulder level. Hold the contracted position for a second as you squeeze the muscle. 3. Slowly begin to bring the curl bar back to starting position as you breathe in. Pause for a second and then repeat.

**PREACHER CURL:** 1. To perform this movement you will need a preacher bench and an E-Z bar. Grab the E-Z curl bar at the close inner handle. The palm of your hands should be facing forward and they should be slightly tilted inwards due to the shape of the bar. 2. With the upper arms positioned against the preacher bench pad and the chest against it, hold the E-Z Curl Bar at shoulder length. This will be your starting position. 3. As you breathe in, slowly lower the bar until your upper arm is extended and the biceps is fully stretched. 4. As you exhale, use the biceps to curl the weight up until your biceps is fully contracted and the bar is at shoulder height. Squeeze the biceps hard and hold this position for a second. 5. Repeat for the recommended amount of repetitions.



**SKULL CRUSHER:** 1. While holding a barbell or EZ Curl bar with a pronated grip (palms facing forward), lie on your back on a flat bench with your head close to the end of the bench. 2. Extend your arms in front of you and slowly bring the bar back in a semi circular motion (while keeping the arms extended) to a position over your head. At the end of this step your arms should be overhead and perpendicular to the floor. This will be your starting position. Tip: Keep your elbows in at all times. 3. As you inhale, lower the bar by bending at the elbows and while keeping the upper arm stationary. Keep lowering the bar until your forearms are perpendicular to the floor. 4. As you exhale bring the bar back up to the starting position by pushing the bar up in a semi-circular motion until the lower arms are also parallel to the floor. Contract the triceps hard at the top of the movement for a second. Tip: Again, only the forearms should move. The upper arms should remain stationary at all times. 5. Repeat for the recommended amount of repetitions.

**ZOTTMAN CURL:** 1. Stand up with your torso upright and a dumbbell in each hand being held at arms length. The elbows should be close to the torso. 2. Make sure the palms of the hands are facing each other. This will be your starting position. 3. While holding the upper arm stationary, curl the weights while contracting the biceps as you breathe out. Only the forearms should move. Your wrist should rotate so that you have a supinated (palms up) grip. Continue the movement until your biceps are fully contracted and the dumbbells are at shoulder level. 4. Hold the contracted position for a second as you squeeze the biceps. 5. Now during the contracted position, rotate your wrist until you now have a pronated (palms facing down) grip with the thumb at a higher position than the pinky. 6. Slowly begin to bring the dumbbells back down using the pronated grip. 7. As the dumbbells close your thighs, start rotating the wrist so that you go back to a neutral (palms facing

your body) grip. 8. Repeat for the recommended amount of repetitions.

DIPS: 1. You can use a table or chair for this exercise. Make sure to find something to support you. 2. Your hands will be on the edge of whatever you are using, palms down. 3. Your feet should be out in front of you. They can be straight out in front of you or bent. 4. Keep your elbows nice and tight at your side and bend down. 5. Use your triceps muscle to lift yourself back up.

**Are you ready to get started?**



# REPS

# EXERCISE

## Progressive Super Set

15	EZ Bar Curl DB Overhead Extension
12	EZ Bar Curl DB Overhead Extension
10	EZ Bar Curl DB Overhead Extension
10	EZ Bar Curl DB Overhead Extension
12	EZ Bar Curl DB Overhead Extension
15	EZ Bar Curl DB Overhead Extension

## Super Set

15 Cable Rope Pushdown  
DB Tricep Kickback

15 Cable Rope Pushdown  
DB Tricep Kickback

15 Cable Rope Pushdown  
DB Tricep Kickback

15 Cable Rope Pushdown  
DB Tricep Kickback

## Progressive Set

15 DB Seated Curl

12 DB Seated Curl

10 DB Seated Curl

10 DB Seated Curl

12 DB Seated Curl

15 DB Seated Curl

## Super Set

15 DB Hammer Curl  
Cable EZ Bar Curl

15 DB Hammer Curl  
Cable EZ Bar Curl

15 DB Hammer Curl  
Cable EZ Bar Curl

15 DB Hammer Curl  
Cable EZ Bar Curl

## Progressive Super Set

15 Preacher Curl  
Skull Crusher

12 Preacher Curl  
Skull Crusher



10 Preacher Curl  
Skull Crusher

10 Preacher Curl  
Skull Crusher

12 Preacher Curl  
Skull Crusher

15 Preacher Curl  
Skull Crusher

## Super Set

15 Zottman Curl  
Dips

15 Zottman Curl  
Dips

15

Zottman Curl  
Dips

15

Zottman Curl  
Dips