

Biceps & Triceps Workout

BENEFITS PERSONAL TRAINING PARTNERED WITH **I CHALLENGE DIABETES**

VIDEO WORKOUT SUPPORTING GUIDE

This guide was created as a supporting resource for a pre-recorded, follow-along workout. **Make sure to check it out here:** <https://youtu.be/a2btvs3yFYw>

WARM UP

Complete each warm up exercise for 45 seconds, with 10 seconds transition time, for 2 rounds total.



ACROSS BODY SWINGS

SHOULDER SHRUGS

ELBOW CIRCLES

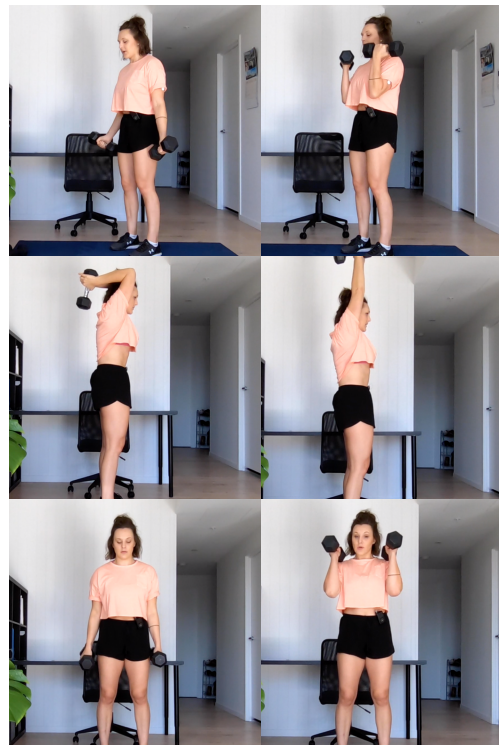
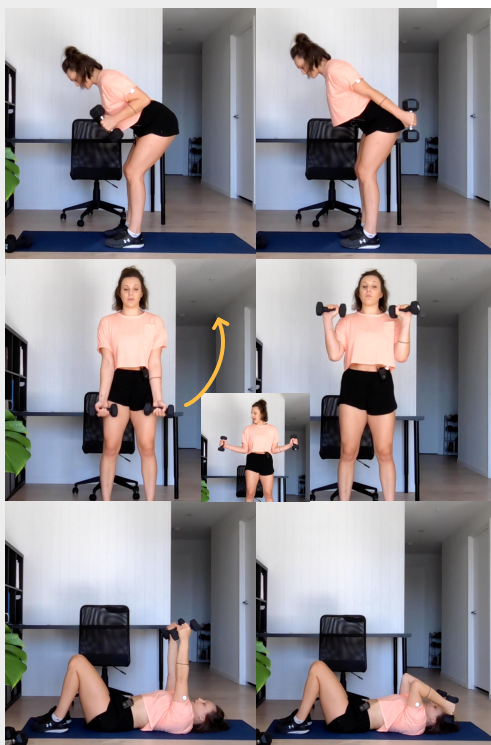
WRIST STRETCHES & ROCKS

WORK

Complete exercises in circuits (3 exercises, one after the other). Complete each exercise for 45 seconds, with 10 seconds transition time, for 2 rounds total. Rest for 1-2 minutes after you have completed all of your rounds before moving on.

CIRCUIT ONE:

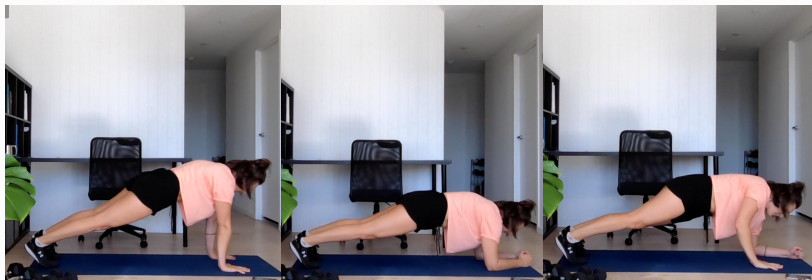
Bicep Curl
Triceps Overhead Extension
Hammer Curl



CIRCUIT TWO:

Triceps Kickbacks
Arch Bicep Curl
Skull Crushers

FINISHER: Triceps Up-Downs



Complete 1 round of triceps-up downs for 1 minute total. This is your last exercise, so push yourself and finish strong!

COOL DOWN Hold each stretch for at least 30 seconds.

NECK STRETCH



TRICEPS STRETCH



BICEPS/WRIST STRETCH



Hey, I'm Jenn! How wonderful to meet you!

In case we're crossing paths for the first time...

My name is Jenn, I'm a Type 1 Diabetic, Canadian, who loves travel, photography, good vibes, and great naps. I am the fitness, nutrition & wellness coach behind BENEFITS Personal Training.

I'll try and keep things short here.

Encouraging people to pursue their best selves is at the heart of everything I do. It's my joy to provide the knowledge, accountability, and support that you need to discover a healthy lifestyle that is nurturing, sustainable, encouraging and empowering.

I've been in business since 2013 helping people become the best version of themselves through personal fitness training, outdoor group training, and online fitness & nutrition coaching.

DISCLAIMER

Use of this workout guide is strictly at own risk. BENEFITS Personal Training (Jennifer Lemke) disclaims any liability for incidental or consequential damages and assumes no liability or responsibility for any loss, injury, damage or death suffered by any person as a result of the use or misuse use of this Information.



PAGE TWO

CONNECT WITH US! @BPT.JENN @ICHALLENGEDIABETES