

Cor2Life “MOVE IT!”-THE VIRTUAL TRAINER

WANNA SEE MY GUNS?

SHAPELY BICEPS AREN'T JUST FOR GUYS ANYMORE.

Long gone are the days when women with muscles were thought to be less feminine looking. Now it's a sign of health, beauty, youth and fitness. If you think otherwise, then you are delusional!

HAMMER CURL:

Target Muscles: brachialis

SET UP: Stand with your feet about hip-width apart, knees slightly bent and a dumbbell in each hand with a neutral grip, palms facing each other [A].

ACTION: Curl the dumbbells up toward your shoulders by bending your elbow until your forearms are perpendicular to the ground [B]. Hold for a second, really squeezing your biceps, then return to the starting position and repeat



BUILD BETTER BICEPS

- Barbell curls
- Assisted Concentration Curl