



***INCREDIBLY TONED
& Lean Arms***



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1

BICEPS, BRACHIALIS

Mid Door Hook 2-Arm Alternating Preacher Curl x20 Reps



START

Grip one Ripcords® handle in each hand and attach the Door Hook to the mid position on the door. Stand approximately 2-3 feet away from the door with your feet shoulder width apart. Facing the door, extend both arms straight out in front of you with the palms facing up.

FINISH

Without moving your upper arms and shoulders, pull the left handle towards the left front shoulder, as you return to the starting position begin to pull the right handle towards the right front shoulder. Focus on achieving a full range of motion and keeping the upper arms and shoulders stabilized throughout the exercise. Continue to alternate each arm until the repetition goal is completed.

2

TRICEPS BRACHII

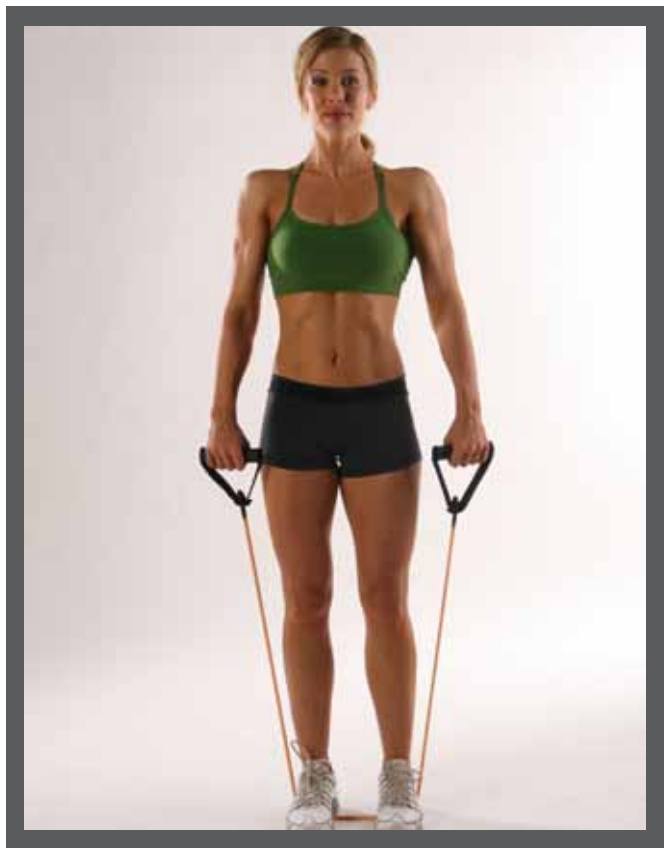
**Low Door Hook 2-Arm Kickbacks
X20 Reps****START**

Attach the Door Hook to the low-position on the Door. Facing the door, stand with your feet hip width apart. Grasp one Ripcords® handle in each hand with the palms facing upward, and slightly bend forward from the hips towards the door. Bring the elbows to the sides of your body and keep them fixed in this position throughout the movement.

**FINISH**

Press down and back with both arms until they are behind the body and fully extended. Keep the elbows at the sides of the body throughout the movement and focus on feeling the triceps muscles at the back of the arms. Return to starting position and repeat.

3

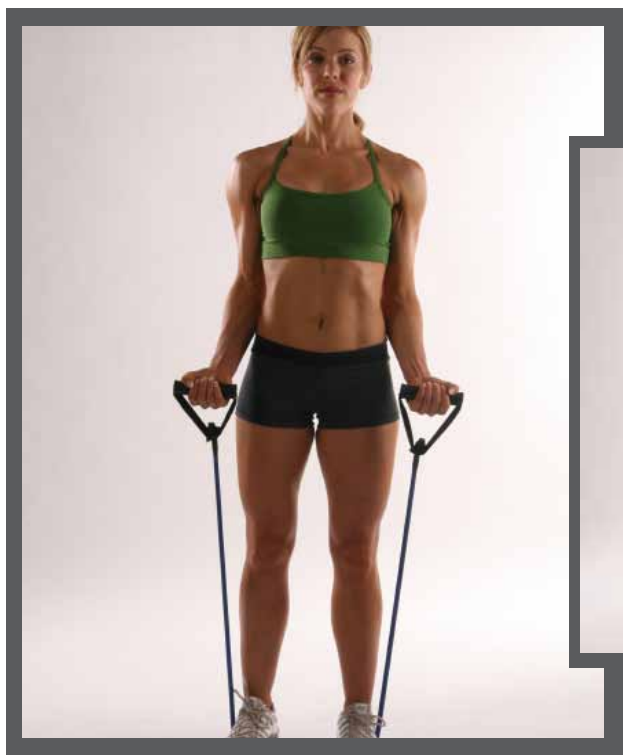
*WRIST EXTENSORS, BRACHIORADIALIS, BICEP FLEXORS***Standing on the Band Reverse Grip Curls**
x12 Reps**START**

Stand hip width apart on the band and grasp one Ripcords® handle in each hand. Keep both arms straight and extended towards the floor with the palms facing the body.

**FINISH**

Lift both forearms and hands upwards until shoulder height. Keep the elbows fixed throughout the exercise. Return to starting position and repeat.

4

*BICEPS, BRACHIALIS***Standing on the Band Alternating Cross Body Concentration Curls
x12 Reps****START**

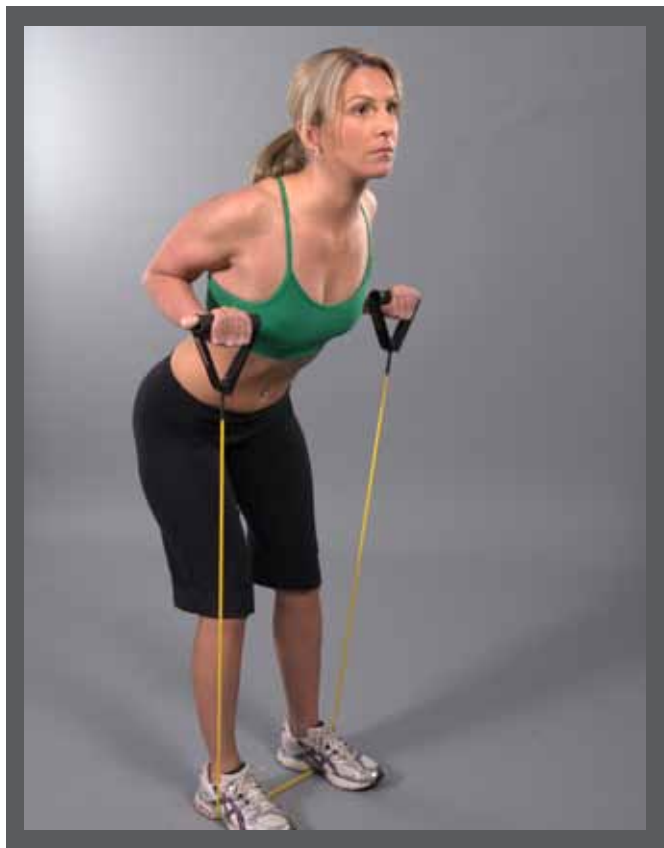
Stand on the Ripcord® with feet shoulder width apart. Grip one Ripcords® handle in each hand and position the arms to the sides of the body.

FINISH

Bend the left elbow and arm and bring the hand up and across the front body to the opposite shoulder. Keep the wrist firm and elbow fixed at your side. Return to the starting position and repeat on the other side. Continue alternating each arm until the desired number of repetitions is completed and ensure you keep the core muscles tight throughout the exercise.

5

TRICEPS, BRACHII

**Standing on the Band Bent-over Kickbacks
x15 Reps****START**

Stand on the Ripcords® with feet shoulder width apart, grip one Ripcords® handle in each hand and slightly lean forward from the waist, maintaining a straight spine. Bend both elbows and hold the upper arm horizontally alongside the body with the palms facing upward.

**FINISH**

Keeping the upper arms in a fixed position alongside the body, press both hands backward until the handles are fully extended behind the body. Keep the core muscles tight throughout the exercise. Return to starting position and repeat.

6

TRICEPS BRACHII

**Standing on the Band 2-Arm Over-head Press
x15 Reps****START**

Stand on the Ripcords® with feet shoulder width apart. Grip one Ripcords® handle in each hand and bring your arms in front of your body to chin height. Keep your hands shoulder width apart and hold the Ripcords® on the inside of your arms.

**FINISH**

Alternating each arm, press upward until the arm is above the head. Be sure not to lock out the arms at the top, focus on keeping a slight bend in the elbows. Continue alternating each arm until the desired number of repetitions is completed and ensure you keep the core muscles tight throughout the exercise

7

*BICEPS, BRACHIALIS***Mid Door Hook 1-Handle One-Arm Preacher Curl
x15 Reps****START**

Grip both Ripcords handles in the right hand and attach the Door Hook to the mid position on the door. Stand approximately 2-3 feet away from the door with your feet shoulder width apart. Facing the door, extend the right arm out in front of you with the palm facing up and left arm resting at the side of the body.

FINISH

Keeping your upper arm in a fixed position, pull the right hand towards the right shoulder to isolate the bicep muscle. After completing the set on your right side, repeat on the left side.

8

TRICEPS BRACHII

High Door Hook 1-Handle One-Arm Palm-down Press-down x15 Reps



START

Attach the Door Hook to the high-position on the Door. Facing the door, stand with your feet hip width apart. Grip both Ripcords handles in the right hand with the palm facing downward, and slightly bend forward from the hips towards the door. Bring the right elbow to the side of your body and keep the arm fixed in this position through the movement.

FINISH

Press downward with the right arm until the hand reaches the right thigh. Keep the elbow at the side of the body throughout the movement and focus on feeling the triceps muscles at the back of the arm. Return to starting position and repeat. After completing the set on your right side, repeat on the left side.

9

TRICEPS BRACHII

High Door Hook 1-Handle One-Arm Palm-up Press-down x15 Reps



START

Attach the Door Hook to the high-position on the Door. Facing the door, stand with your feet hip width apart. Grip both Ripcords handles in the right hand with the palm facing upward, and slightly bend forward from the hips towards the door. Bring the right elbow to the side of your body and keep the arm fixed in this position through the movement.



FINISH

Press downward with the right arm until the hand reaches the right thigh. Keep the elbow at the side of the body throughout the movement and focus on feeling the triceps muscles at the back of the arm. Return to starting position and repeat. After completing the set on your right side, repeat on the left side.

10

*BICEPS, BRACHIALIS, BRACHIORADIALIS***Low Door Hook 2-Arm Bicep Hammer Curls**
x25 Reps**START**

Grip one Ripcords® handle in each hand and attach the Door Hook to the low position on the door. Stand approximately 2-3 feet away from the door with your feet shoulder width apart. Facing the door, extend both arms straight down towards the door hook with the palms facing towards the body.

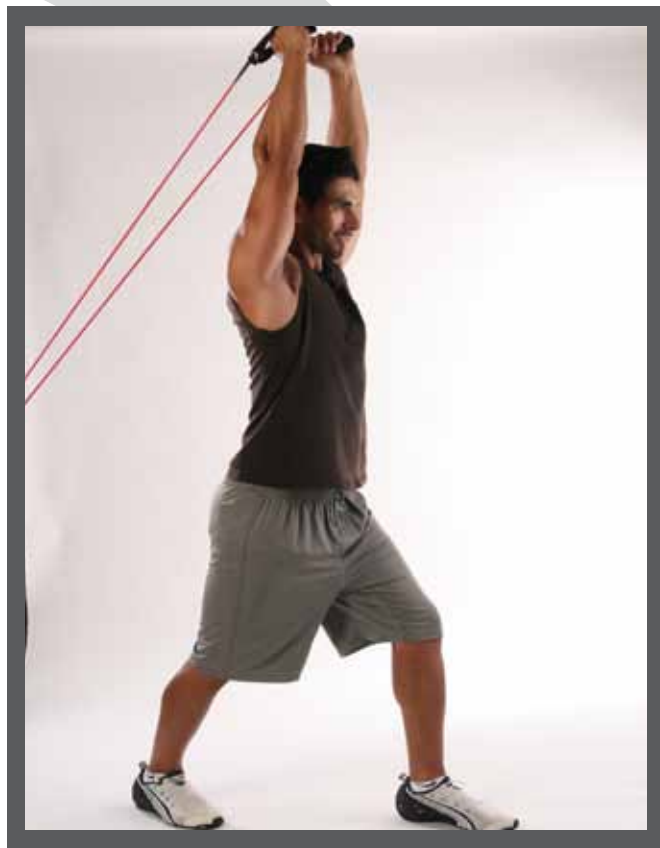
**FINISH**

Bend both the elbows and arms together and bring the hands in front of the body to shoulder height. Keep the wrists firm and elbows fixed at your sides. Ensure that the palms remain facing towards the body throughout the exercise. Return to the starting position and repeat.

11

*TRICEPS BRACHII***Low Door Hook 2-Arm Triceps Overhead Extension
x15 Reps****START**

Attach the Door Hook to the low-position on the Door. Grasp one Ripcords® handle in each hand, stand in a split stance with one foot in front of the other, and bring both hands and elbows up behind your head and neck with your elbows pointing upward and your hands pointing down.

**FINISH**

Stabilize your core by tightening your midsection, then straighten your arms overhead directly above the shoulders and focus on keeping your elbows pointing upwards throughout the movement. Return to starting position and repeat.

12

*BICEPS, BRACHIALIS***Mid Door Hook Lying down 2-Arm Curls (Facing door)
x15 Reps****START**

Attach the Door Hook to the mid-position on the door. Begin by lying down on your back with your feet towards the door and the door hook. Grip one Ripcords® handle in each hand and ensure your body is far enough from the door and door hook that there is enough tension throughout the exercise.

**FINISH**

Without moving your upper arms, pull both handles towards the shoulders. Focus on achieving a full range of motion and keeping the upper arms stabilized throughout the exercise. Return to starting position and repeat.

13

TRICEPS BRACHII

**Mid Door Hook Lying down 2-Arm Triceps Extension (Facing door)
x15 Reps****START**

Attach the Door Hook to the mid-position on the Door. Grasp one Ripcords® handle in each hand and lie down on the floor with your head towards the door. Ensure you are approximately 1-2 feet away from the door so there is enough resistance. Bring both arms up above the chest and draw the elbows towards each other.

**FINISH**

Without moving your upper arms, press both handles towards the mid line of the body. Focus on achieving a full range of motion and keeping the upper arms stabilized throughout the exercise. Return to starting position and repeat.

14

*BICEPS, BRACHIALIS***Low Door Hook Lying down 1-Arm 1-Handle Bicep Curl (Facing door)
x15 Reps****START**

Attach the Door Hook to the mid/ top-position on the door. Begin by lying down on your back with your feet towards the door and the door hook. Grip both Ripcords® handles in the right hand and ensure your body is far enough from the door and door hook that there is enough tension throughout the exercise.

**FINISH**

Without moving your upper right arm and shoulder, pull the handle towards the front right shoulder. Focus on achieving a full range of motion and keeping the upper arm and shoulder stabilized throughout the exercise. After completing the set on your right side, repeat on the left side.

15

*BICEPS, BRACHIALIS, BRACHIORADIALIS***Standing Two-Arm Hammer Curls**
x15 Reps**START**

Stand on the Ripcord® with feet shoulder width apart. Grip one Ripcords® handle in each hand and position the arms to the sides of the body and the palms facing the outer thighs.

**FINISH**

Bend both the elbows and arms together and bring the hands in front of the body to shoulder height. Keep the wrists firm and elbows fixed at your sides. Ensure that the palms remain facing towards the body throughout the exercise. Return to the starting position and repeat.



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