

“A lot of women worry about having flabby arms,” remarks IFBB figure professional Jessica Paxson-Putnam. “When they wave their arms, they don’t want them to jiggle. First and foremost, I tell people they have to lose weight all over; you can’t spot-reduce.”

She should know, since she deals with such concerns on a daily basis as a personal trainer in Knoxville, Tennessee. And while eating a healthy diet and doing the right amount of cardio play just as important a role, regular weight training can go a long way in preventing that flabby-arm problem.

“One of the many benefits of weight training for women is fat loss,” Jessica explains. “Lifting weights will help burn away some of that excess fat, and you’ll see the more defined, toned arms you want to see.”

This doesn’t mean you have to be in the gym training arms every day, either. Jessica, who married up-and-coming amateur bodybuilder Peter Putnam last September, is in the gym five days a week, training a different bodypart each day. In other words, most of the time she devotes only about 45 minutes a week to training her arms.

“I train biceps and triceps on the same day,” says the 23-year-old. “I feel I can best focus on my arms by training them in one workout a week. I’ve always done that.”

Jessica — who became an IFBB professional figure competitor at age 20 — typically trains biceps before triceps for about nine working sets per muscle group. She keeps things moving by using relatively short rest periods, about one minute between sets.

“I usually start with biceps, but sometimes I know my body needs something different, so I’ll change things up and train my triceps first just to shock the muscles.”

You’ll find Jessica’s off-season workout on these pages. When she’s preparing for a contest, she superset her exercises — meaning she performs two exercises back to back without resting in between. Noncompetitors can do this, too: It’s a great way to get through your workout more quickly and burn more calories in the process. You can pair two biceps moves or even a biceps exercise with a triceps movement, supersetting them the same way. **hers**



## ONE-ARM DUMBBELL PREACHER CURL

**TARGET:** Biceps

**START:** Using a preacher-curl bench or an incline bench set to about 45 degrees, stand behind the bench and lean forward so your working arm fits snugly at the top, your triceps flush against the pad. Grasp a dumbbell with a supinated (palm-up) grip. Keep a slight bend in your elbow at the start.

**ACTION:** Curl the dumbbell toward your shoulder, squeeze for a peak contraction and lower under control. Keep your forearm aligned with your upper arm throughout the exercise. Repeat for reps, then switch arms.

**JESSICA SAYS:** “On this one, make sure you go through a full range of motion — bring the weight completely back to the start.”

## STANDING EZ-BAR CURL (not pictured)

**TARGET:** Biceps

**START:** Attach an EZ-bar to a low-cable pulley. Take a shoulder-width underhand grip on the outer curls of the bar and stand erect, abs tight and knees unlocked.

**ACTION:** Curl the bar toward your shoulders, squeeze for a peak contraction and lower under control. Keep your elbows pinned by your sides throughout the movement and avoid swinging

your body to help you lift the weight.

**JESSICA SAYS:** “As with all exercises, proper form is a must. Keep your elbows close to your sides, bend your knees slightly and don’t use momentum to lift the weight. I make sure to always get a good stretch and move slowly. I sometimes tend to move too fast, so I have to remind myself to go slowly. I squeeze at the top and then lower the weight under control.”

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