



To get the full benefit of this exercise, keep your hands in a neutral position throughout; don't supinate or turn your wrist

STANDING ALTERNATING HAMMER CURL

TARGET: Biceps, brachialis

START: Stand with your feet together or shoulder-width apart and hold the dumbbells at your sides with a neutral grip (palms facing your thighs). Keep your elbows pinned to your sides.

ACTION: Curl one dumbbell toward your shoulder. Lower the weight under control and repeat on the other side.

JESSICA SAYS: "Use this exercise as a finisher. I keep my arms down by my sides and alternate lifting one arm at a time. Make sure your arm is lowered all the way before you begin curling with the other arm. You want to concentrate your effort on each arm individually."

GYM: ROCK HARD BODY, ROCKHARDBODY.COM. FASHION DIRECTOR: CINDY WHITEHEAD. APPAREL: SHORTS BY NIKE; BRA TOP BY UNDER ARMOUR; SHOES BY RYKA. HAIR & MAKEUP BY RENÉE PARENTEAU, RENEEPARENTEAU.COM

THE ROUTINE

EXERCISE	SETS	REPS
>> BICEPS		
Alternating Dumbbell Curl	2	15 (warm-up)
Standing EZ-Bar Curl	3	10-15
One-Arm Dumbbell Preacher Curl	3	10-15
Standing Alternating Hammer Curl	3	10-15
>> TRICEPS		
Straight-Bar Pressdown	2	15 (warm-up)
Lying Triceps Extension	3	10-15
Standing Overhead Rope Extension	3	10-15
Rope Pressdown	3	10-15

TRAINING SPLIT

DAY	BODYPARTS TRAINED
1	Back
2	Chest
3	Rest
4	Legs
5	Shoulders
6	Arms
7	Rest

Jessica trains abs 3-4 times a week, supersetting her ab moves with exercises for other bodyparts or finishing a bodypart workout with 10-15 minutes of ab work.

