

**REVERSE ZOTTMAN CURL**



Reps: 8-10

Hold your Nuobells at your sides, palms facing each other. Curl both bells to your chest, then rotate the weights so your palms face you.

Aim for 8-10 reps; you're piling up time-under-tension by controlling the negative.

Slowly lower down, aiming to take 2-3 seconds to do this.

**ALTERNATING HAMMER CURL**



Reps: 4-6

When you can't do any more reverse Zottmans, begin doing standard alternating hammer curls, curling each dumbbell toward your chest while keeping your palm in a neutral position.

By alternating reps, you're giving yourself a slight "rest" between each rep. You've also removed eccentric contraction of the Zottman and the twisting action.

Fight for another 4-6 reps at least (or more!).

**ALTERNATING SKULLCRUSHER**



Reps: 6-8

Lie on a bench with your Nuobells held directly over your shoulders. Tip your elbows back towards your head just slightly, then lower the dumbbells to your shoulders.

Each rep isolates your triceps and pushes you to contract it without the aid of any momentum.

Aim for 6-8 reps per arm.

Alternately straighten one arm then the other.

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Reps: 4-7

When you can't do any more alternating skullcrushers, shift the weights directly over your shoulders. Keeping your arms close to your torso, lower your elbows toward your ribcage and try to touch the tips of the bells to your shoulders.

You isolated your tris on the skullcrusher; now you're allowing your shoulder and chest muscles to help just a bit.

Fight for 4-6 reps (or push for more if you can again!).

Press back up.