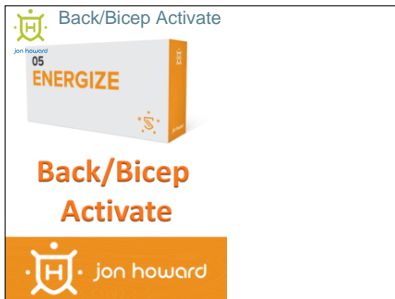


# Jon Howard: This Workout is Great

## Back/Biceps Activate

The purpose of this exercise series is to engage your nervous system prior to heavy lifting.



This is a great series of exercises to engage the nervous system prior to heavy lifting.



- 1 - Lie on your back with your knees bent and feet flat, placing your hands at your sides.
  - 2 - Raise your hips off the floor, trying to make a straight line from your hips to your shoulders.
- Lower yourself back to the floor and repeat.



- 1 - Lie face down on the floor with your legs straight and your arms stretched out overhead.
  - 2 - Raise your upper body and legs together about 18 inches off the floor as if you were flying like Superman.
- Hold this position briefly then lower yourself back to the floor and repeat.



- 1 - Stand upright holding the handles with your arms straight out in front at shoulder height, palms down.
  - 2 - Pull the handles straight in to your chest, bending at the elbows with your palms down and squeezing your shoulder blades together.
- Remain upright throughout and do not sway back and forth.



- 1 - Stand upright on the middle of the tubing holding the handles underhanded with your arms straight.
  - 2 - Raise the handles up to shoulder height, keeping your elbows at your sides.
- Lower the handles back to a straight arm position.



- 1 - Kneel on the floor holding the handles with your arms extended straight overhead, palms facing forward.
  - 2 - Pull the handles down to your shoulders with your elbows moving out to the sides and your palms forward.
- Straighten your arms, returning the handles to the top position, going through a full range of motion.