

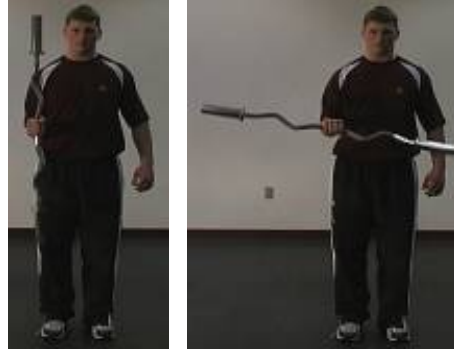
XLathlete.com

Forearm Circuit For Sport – Workout 1

1) 2 Way Wrist Curls– 15 Repetitions of 2 to 3 Sets – 20 – 30 Seconds Rest Between Sets.



4) Thors Hammer – 15 Repetitions of 2 to 3 Sets – 20 – 30 Seconds Rest Between Sets.



2) Bam Bams – 15 Repetitions of 2 to 3 Sets – 20 – 30 Seconds Rest Between Sets.



5) Bar Holds – 30 to 90 Seconds of 2 Sets – 20 – 30 Seconds Rest Between Sets.



3) Plate Pinchers – 30 Repetitions of 2 to 3 Sets – 20 – 30 Seconds Rest Between Sets.



Customize Your Gym

An advertisement for XL Athlete Store. It features a yellow background with a black border. At the top, the text "Customize Your Gym" is written in black. Below this, there are two images: a blue t-shirt with a red and white logo, and a blue and white logo. Below these images, there are four black weight plates with the text "MOORESTOWN QUAKERS" and "RESTOWN QUAKERS" on them. At the bottom, the text "At The XL Athlete Store" is written in black.

At The XL Athlete Store

XLathlete.com

Forearm Circuit For Sport – Workout 2

1) **Wrist Curls Flexion** – 15 Repetitions of 2 to 3 Sets – 20 – 30 Seconds Rest Between Sets.



2) **Bam Bams** – 15 Repetitions of 2 to 3 Sets – 20 – 30 Seconds Rest Between Sets.



3) **Round House** – 10 Repetitions of 2 to 3 Sets – 20 – 30 Seconds Rest Between Sets.



4) **Thors Hammer** – 15 Repetitions of 2 to 3 Sets – 20 – 30 Seconds Rest Between Sets.



5) **Bar Holds** – 30 to 90 Seconds of 2 Sets – 20 – 30 Seconds Rest Between Sets.



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At The XL Athlete Store

