



If you ask Ms. Fitness International and recent Fitness Olympia Champ Jen Hendershott how she stays motivated and inspired to reach her goals, she'll reply "YOLO" – You only live once! "I don't want to be 90 years old thinking, I coulda, woulda, shoulda," she explains. "I do this for myself. My motivation each time is to be a 'better me' than the last."

A spectacular competitor who always dominates the lineup, Jen arrived at the 2005 Arnold Classic Fitness International with an incredibly tight and balanced physique that was, perhaps, the best of her career.

managing my own business, so I get in and out of the gym in about 45 minutes max," she says. "I'm quick and aggressive and put my mind into the muscle I'm training."

About nine weeks leading up to a show, Jen does 90 minutes of cardio every day (either all at once or throughout the day) and practices her fitness routine three times a week. She also eats eight balanced meals a day to fuel her high-intensity workouts. She'll eat the same thing for three weeks then change things up to avoid any plateaus, but the basic proportions of protein and carbs remain about the

# BLAST Stubborn Upper-body JIGGLE

**Firm up loose underarm skin in just four weeks and look hot in a strapless gown this (holiday) season.**

BY PEGGY HALL  
PHOTOGRAPHY ROBERT REIFF  
MAKEUP NANCY JAMBAZIAN  
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Together with her always colorful and explosive fitness routine, Jen's impeccable form won her the coveted Ms. Fitness International title. The fact that the show was in her hometown of Columbus, Ohio, made the win even sweeter for her. "I had one goal in this sport and that was to win the Arnold Classic in front of my family and friends and for my fans. That dream has come true!"

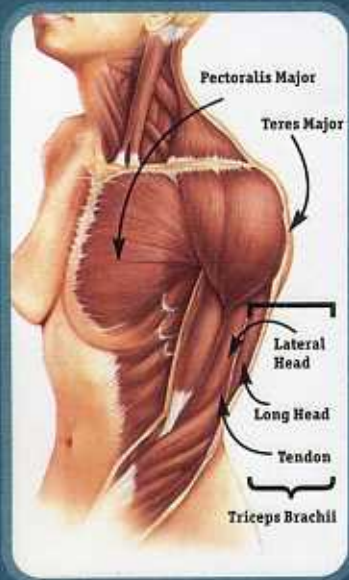
So just how did she get that winning physique? Jen targets each body part once per week and always varies her exercises and routines for maximum results. She'll choose eight to 11 different exercises for each body part and do four sets of 15 reps for each exercise. To maximize her workouts while minimizing the time she spends in the gym, Jen stretches or does ab work between sets. "I'm very busy

same. To stay sane in the weeks leading up to a competition, Jen still enjoys one cheat meal every Saturday. Her favorite? Mexican chicken fajitas.

Showcasing a beautifully sculpted upper body, Jen shares the following exercises for developing your chest and triceps. In order to add some muscle and see some definition, perform these exercises in the suggested order twice a week on nonconsecutive days. Select a weight that allows you to perform 12 to 15 reps of each exercise (the last few reps should be difficult). Start out with one to two sets of 12 to 15 repetitions for each exercise and after two weeks, increase to three sets. Hard-core exercisers can work up to four sets of 12 to 15 reps. After two weeks, you'll notice increased firmness and after four weeks you should begin to see some definition. For quicker results, include

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### Where It's Working



### Jen's Weekly Workout Routine

Monday: Chest

Tuesday: Back

Wednesday: Shoulders

Thursday: Legs

Friday: Arms

Cardio: 90 minutes daily

Fitness routine: Three days a week

**Abs:** Between sets on training days. "I train my abs without weights," Jen explains. "I shape and mold them through crunches, but in the end, my abs are from a proper diet."



training ■

a minimum of 30 minutes of cardio five days a week. Be sure to eat a clean diet consisting of five to six small meals with balanced portions of lean protein (chicken, fish, egg whites), healthy carbs (brown rice, oatmeal, sweet potatoes, berries) and fibrous veggies (broccoli, asparagus, green beans). Drink up to three liters of water a day to help shed water weight, so your hard-earned muscles will be visible.

As you continue to make training and fitness a part of your life, remember Jen's words of wisdom. "No matter what you want to achieve, you need to believe in yourself and go for it. Only you can make a difference in you." YOLO!



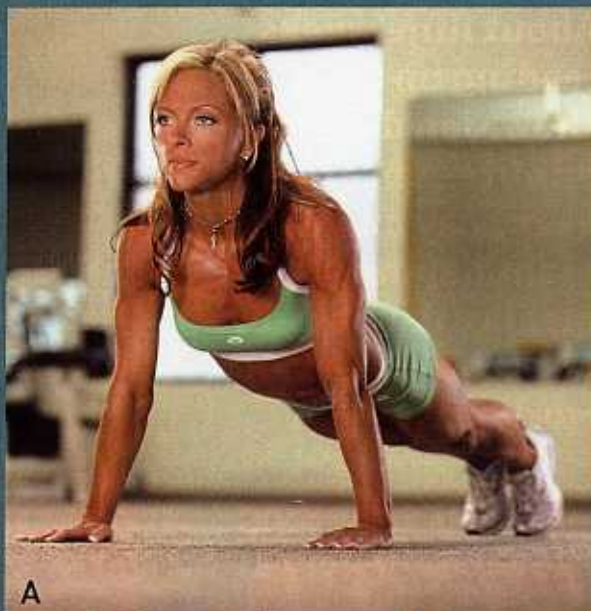
A



B

## close-grip push-up

To target the triceps, place your hands close together under your chest with your thumbs and index fingers touching. Extend your legs behind you. Inhale and lower with control, this time pointing your elbows straight behind you instead of out to the sides. Make sure your upper arms hug the sides of your body in order to effectively target the triceps. Exhale and press back to the starting position. Be sure to keep the spine straight. If you're collapsing in the lower back, do the exercise on bent knees and lower down only an inch or so. In time, you'll be knocking out the reps with straight legs.



A



B

## push-up

To focus on your chest, start with your hands slightly more than shoulder-width apart and extend your legs behind you. Firm your abs and lengthen your spine. Inhale and bend your elbows out to the sides, lowering just until your shoulders are level with your elbows. Exhale and press yourself back to the starting position. Be sure to keep the abs engaged to protect the back. Resist gravity by lowering with control instead of dropping quickly. Too tough? Perform the exercise with your knees on the floor.

## Jen's Sample On-Season Diet

Meal 1:  $\frac{1}{2}$  cup oats  
(Cardio)

Meal 2: Serving of cream of wheat

Meal 3: Protein shake

Meal 4: 5 oz chicken,  
8 asparagus spears

Meal 5: 3 oz orange roughy,  
8 asparagus spears  
(Weight training)

Meal 6: 5 oz chicken, 4 oz yam

Meal 7: 4 oz orange roughy

Meal 8: 6 egg whites

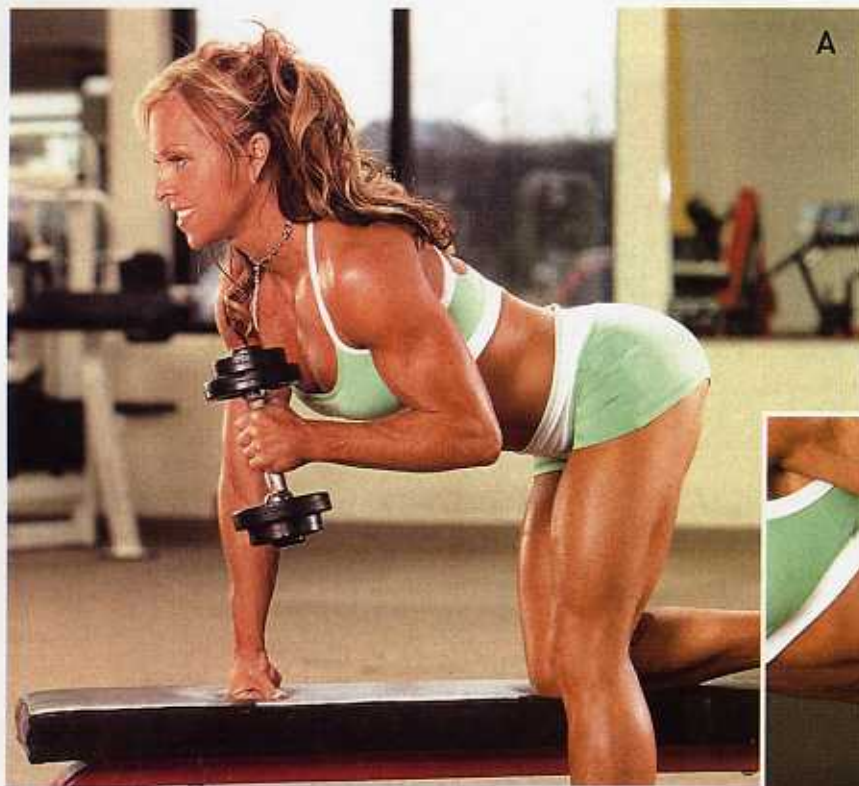


To add muscle and see some definition, perform these exercises in this order – twice a week.



## incline chest press

Use free weights in this exercise in order to increase your range of motion and get a nice stretch on the chest muscles. Lie on an incline bench set at about a 60-degree angle and hold the dumbbells with your elbows out to the sides. On exhale, extend your arms, pressing the weights up and out from the shoulders. Inhale and return to starting position, lowering the weights with control.



## triceps kickback

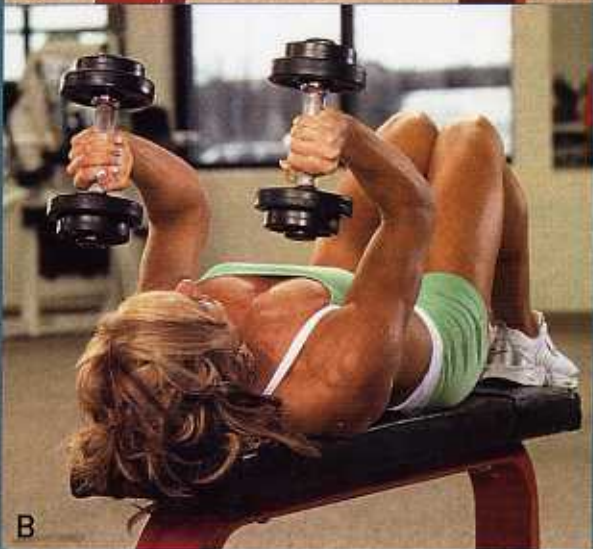
Hold a dumbbell in your left hand and place your right knee and hand on a flat bench for support. Keeping your back straight and your abs engaged, bend your elbow and hug your upper arm close to your body. On an exhale, extend your arm, pressing the weight straight back to your hip. Inhale and return to starting position. Move with control and avoid swinging the weight.





### incline chest press (machine)

Adjust the seat on the incline chest press machine so your shoulders line up with the handgrips. Inhale with elbows bent and, on the exhale extend your arms. Inhale and return to the starting position, taking care not to move with momentum but with focus and control.



### dumbbell triceps extension

Lie on a flat bench with your knees bent and feet resting on the bench. With a dumbbell in each hand, extend your arms straight up from your shoulders with your palms facing each other. Inhale and slowly bend your elbows, keeping your upper arms still and making sure the elbows don't flare out to the sides. Exhale and return to the starting position. This exercise targets all three heads of the triceps for beautifully sculpted upper arms. **B**