

Arm Workout

20 Min Smashbell
Training

(Leicht/Easy)



#1: Double Overhead

5 x 30 sec. 



(60 sec
Pause/break)



#2: Biceps One Arm

2 x 2 x 30 sec.



(60 sec
Pause/break)



#3: One Arm Overhead

2 x 2 x 30 sec.



(60 sec
Pause/break)



#4: Bent Over Rowing

2 x 2 x 30 sec.



(60 sec
Pause/break)



#5: Biceps one Arm

2 x 2 x 30 sec.

