

On **Willpower Wednesdays**, we push through the week's second half by strengthening our **arms** and **upper body** with quick & easy sets of Curls, Dips, and Cable Extensions!!

Sitting all day leaves us feeling **sluggish** 😞 with **low energy**, **poor posture** and **limited flexibility** ✖.

But don't worry... these **Fat Burners** 🔥 target your Biceps, Triceps, Deltoids, and Pectorals to enhance **mobility** and boost **energy**, helping you stay fit and active 🏃

LIKE 👉 **SAVE** 👉 **SHARE**

Workout: Curls, Dips, Cable Extensions

Reps: Start Comfortably, then increase

Weight: Start light, then revise increase

4

Remember...

"Working hard gives you a 50/50 chance at achieving your goals. Giving up means 0. You've got this... make the best choice for you!"

Which exercise helps you stay energized during your busy schedule? Share below! 🙌💪

#CorporateWellness

#9to5Fitness

#StriveForGreatness

#EverydayAthlete

#FitnessJourney