

Tone It Up

Love Your Arms!

An all new Arm Routine to tighten & sculpt your shoulders, biceps and triceps!

Repeat 3x!

Cupid Curl

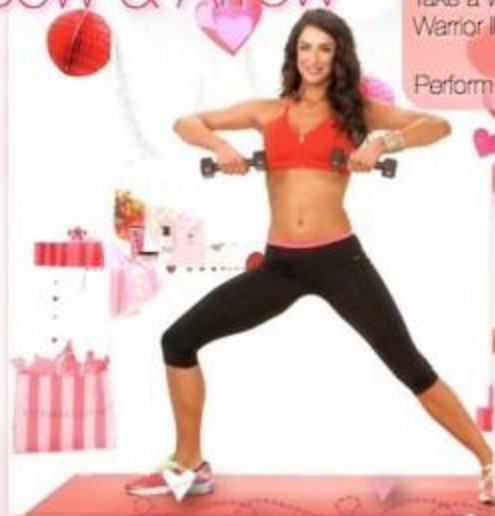


Perform a wide squat as you curl your dumbbells up. While in the squat position, punch & twist your dumbbells across the front of your body, alternating sides.

Repeat x10



Bow & Arrow



Take a wide stance to one side, and as you lunge into a Warrior II row up and perform a tricep extension!

Perform 10x before moving on to next move in this circuit



Swaying Angel



In the same position as the Bow & Arrow, perform a lateral raise by bringing your hands over head while bending slightly to the side, activating the sides of your abs.

Repeat x10 on one side, then continue to the Bow & Arrow for the opposite side

