

Arm Weights - 3 sets x 12 reps. Complete 12 sets of one exercise from each of the following muscle groups, then repeat for a total of 3 sets. You may alternate (for example you may do regular bicep curls during one set and hammer curls for the next set). If you are unsure of the form please google an example. Make sure the movements are slow and controlled, try not to be swinging the weights through the range of motion.

1. RUNNING ARMS (This will be done all 3 sets)

Running arms (Start with your right foot forward, knees slightly bent, keep arms at a 90 degree angle at the elbow, pump arms forward and back like you are running, bringing your hand to your hip and then up to chin height.) 12 each arm with the right leg forward, then switch legs and do 12 each arm with your left leg forward. Make sure you are not extending at the elbow, arms should be at a 90 degree angle, and try to keep your arms from flaring out to the sides.

2. BICEPS

Option 1 - Regular bicep curls - palms/weights facing forward, elbows and upper arms glued to your sides, stand straight with a slight bend in the knees. Lift the weight hinging your forearm up from the elbow. Only the fore arm should be moving, do no arch or move with your back.

Option 2 - Bicep Hammer curls (weights are held vertically, with your palms facing each other, the rest of the form is the same as a regular bicep curl)

- You may choose to add some 10 second half way holds or pulses with the weights and forearms parallel to the ground.

3. DELTOID RAISE

Option 1 - Lateral Deltoid raise - Start standing with the weights at your side. Legs are shoulder width apart with a slight bend in the knee. Raise the weights out to the side, just to shoulder height, keeping a very slight bend in the elbow. Do Not go above shoulder height.

Option 2 - Front deltoid raise - Start with weights in front of your body resting on your quads (palms facing your legs). Feet hip width apart and slight bend in the knees. Raise your arms out in front of your body up to shoulder height (arms should be parallel to the ground, no higher). Slowly raise and slowly lower the weights in a controlled manner. Key tip: Do not arch back while doing this, all the movement should be coming from the shoulder.

Option 3 - you can alternate forward and lateral deltoid raise for your 12 counts.

4. TRICEPS

Option 1 - Overhead tricep extension - Stand up straight with your feet hip width apart and knees slightly bent. Raise the weights above your head (Keep upper arms glued to the ears). You will slowly hinge at the elbows to lower the weights behind your head keeping the upper arms glued to the ears the whole time. *For a bonus you can hold the weights at the bottom and add some small pulses

Option 2 - Tricep kickbacks - Starting Position: Bend forward slightly at the waist so your torso is almost parallel to the floor. Engage your core and keep your head, neck and spine in one line (don't hunch your back). Glue the upper arms to your side and start with the elbows flexed and weights held at your shoulders. Slowly extend arms back (pushing the weight back and your arm into a straight position, slowly flex at the elbow bringing the weight back up to touch the front of your shoulder, repeat.

5. SHOULDERS

Overhead shoulder press - Start with your arms in a goal post position. Raise the weights above your head in a controlled motion, slowly return the weights to the starting goal post position.