Sample Arm Workout

Dips
Use a flat bench, aerobic step, or chair. Lower your body by bending at the elbows.

Sets: 2
Reps: 10 - 12

Triceps Kickbacks
Secure exercise band under shoe. Slowly extend elbow until it is straight.

Sets: 2
Reps: 10 - 15

Overhead Triceps Extension
Grasp dumbbell with both hands. Position elbows in close to head. Keep elbows still and extend arms upward.

Sets: 2
Reps: 10 - 15

Shoulder Press

Sets: 2
Reps: 10 - 15

Front Shoulder Raise
Position hands near front of thighs. Extend arms out in front, shoulder height.

Sets: 2
Reps: 10 - 15

Bent Lateral Raise
Bend waist 45 degrees or greater. Maintain a straight back posture. Raise arms outward.

Sets: 2
Reps: 10 - 15

Seated Hammer Curls
Position hands in neutral position like a "hammer." Curl the resistance up toward shoulders.

Sets: 2
Reps: 10 - 15

Preacher Curls
Lean on ball. Let dumbbells hang down. Curl weights up toward shoulders.

Sets: 2
Reps: 10 - 15

Concentration Curls
Secure figure-8 loop under shoe. Place elbow on inner thigh for leverage. Curl resistance upward.

Sets: 2
Reps: 10 - 15

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