

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

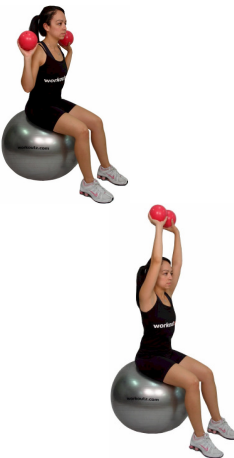
Grasp dumbbell with both hands. Position elbows in close to head. Keep elbows still and extend arms upward.



Sets: 2
Reps: 10 - 15

Shoulder Press

Grasp weighted resistance. Position hands near shoulder area. Press upward.



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