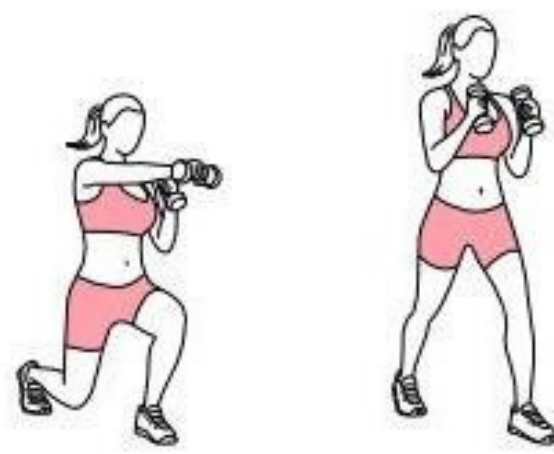


Arms Circuit Workout

Total Time: 30 minutes

Lunge Punch: Begin standing with dumbbells in your hands. Lunge right leg forward while punching with your left arm. Alternate with left leg and right arm for 60 seconds. Complete 3 sets.

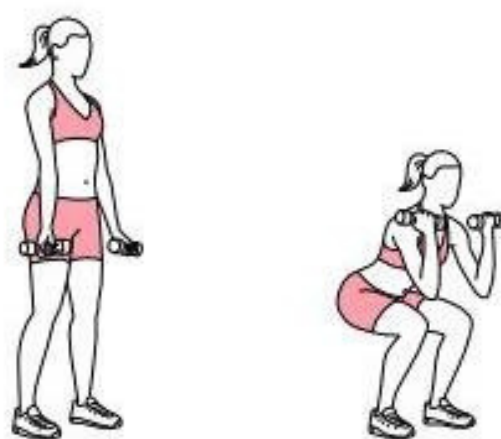
lunge punch



3 sets 60 sec

Squat Curl: Begin standing. Move into a “sitting position” with your quads almost parallel with the floor. Perform biceps curl while doing squat.

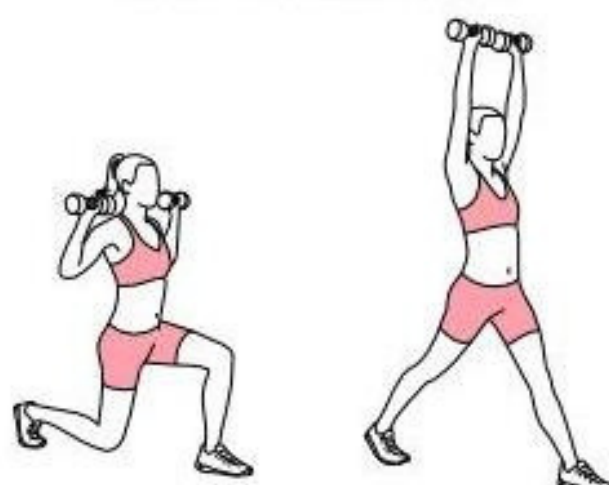
squat curl



3 sets 60 sec

Split Squat Press: Perform walking lunge with dumbbells held at shoulder level. Walk forward out of lunge and bring dumbbells up above your head. Repeat 3 sets of 60 seconds each.

split squat press

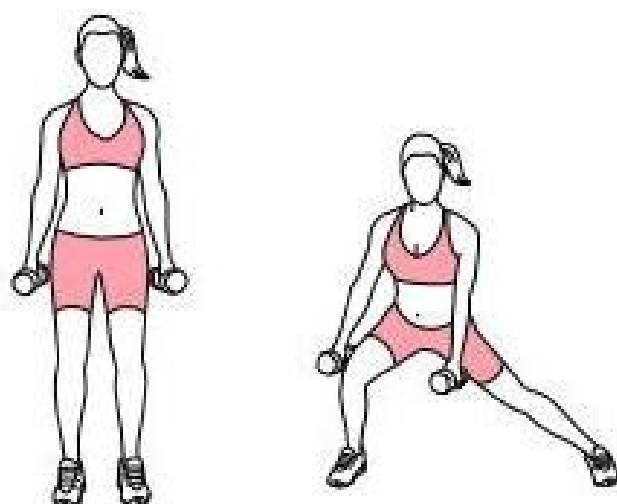


3 sets 30 sec + 30 sec

Alternating Side Lunge: Begin standing. Step out with your right leg, bending the knee until your quads are almost parallel with the ground. Left leg should be extended. Alternate legs for 60 seconds.

Complete 3 sets.

alternating side lunge



3 sets 60 sec

Knee Push-Ups: Begin on your hands and knees. Cross your ankles in the air and perform a push up.

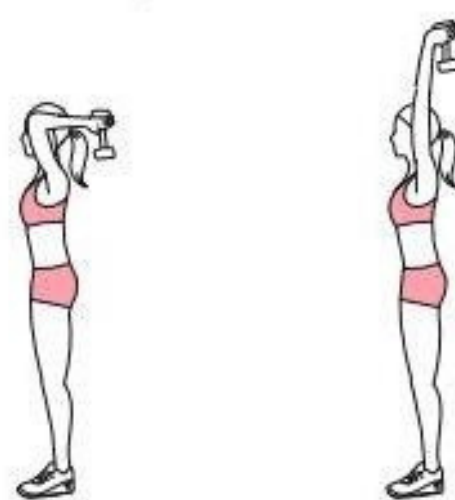
knee push ups



3 sets 60 sec

Triceps Extension: Begin standing with the dumbbell behind your head. Pull the dumbbell up until your arms are completely extended. Complete 3 sets of 60 seconds each.

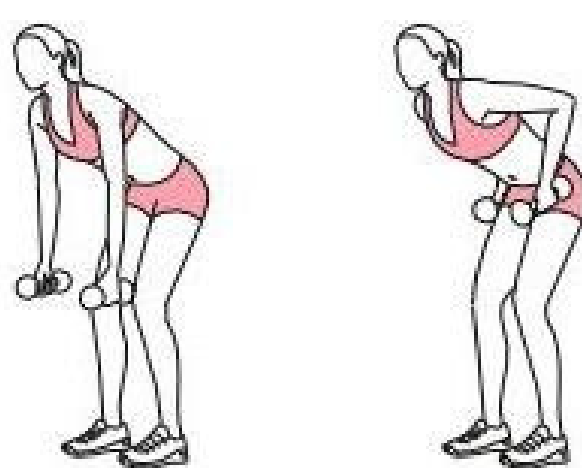
triceps extension



3 sets 60 sec

Bent Over Row: Bend your upper body over. Let your arms hang at your side with the dumbbells. Bring the dumbbells up and toward your waist. Repeat this motion for 60 seconds. Complete 3 sets.

bent over row



3 sets 60 sec

Wide Row: Bend your upper body and let your arms hang at your side with the dumbbells. Bring the weights back in toward your shoulders. Complete 3 sets of 60 seconds.

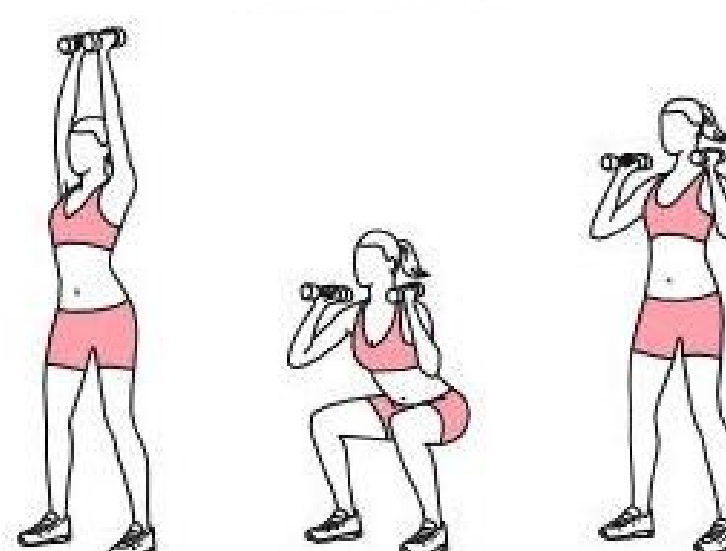
wide row



3 sets 60 sec

Thrusters: Begin standing with the dumbbells over your head with arms completely extended. Go into the squat position and bring the dumbbells down to shoulder level. Keep the dumbbells in this position and assume normal standing position. Complete 3 sets of 60 seconds each.

thrusters



3 sets 60 sec