

# {Anytime Arm Workout }

Complete 2-3 sets of 10-15 reps with minimal rest. Enjoy!!

- **Commandos** (Begin in a forearm plank with your abs tight. Place your right hand directly underneath your right shoulder and push up onto both hands. Go back down the way you came up, and repeat on the other side. Both sides = 1 rep!
- **Tricep dips** (Begin in a table top position with your feet pointing straight out and knees bent at a 90 degree angle. Your finger tips should be facing the same direction as your toes. Then, bending at the elbows only, dip down, and come back up. Optional: use the edge of a chair or a bench at the gym for a fuller range of motion)
- **Bicep Curls to Overhead Press** (Perform a bicep curl, then rotate your arms outward so that your wrists are facing forward, then press up over your head.
- **Bent Over Rows** (Hinging forward slightly at your hips, keep your core tight, and spine neutral. From a straight arm position, pull your arms back towards your navel, so at the end of the move, your arms are at a 90 degree angle from your shoulder to your wrist.
- **Tricep Kickbacks** (Staying in that 90 degree position from the rows, straighten your arms using your triceps. Go back to the starting position and repeat. Remember to keep your core tight to protect your lower-back.

- **Lateral Raises** (Beginning with your dumbbells at your sides and a slight bend in your arms, raise your dumbbells out to your sides, slightly in front of you, but not directly. So about 45 degrees from the center of your body. Lower, and repeat.
- **Supine Chest Press** (Lying on your back with your knees bent, feet on the ground; hold your dumbbells at shoulder level, arms bent. Press up towards the sky, and come back down. To advance this: hold your hips in a bridge position and press!
- **Supine Chest Flye** (In the same position as the chest press, hold your arms straight up above your chest, then let them come down to either side of you, in line with your shoulders. Pull them back up to the starting position and repeat. Advance this move in the same way.