

# Arm Workout B - Beginner



This workout is for arms, but also includes shoulders, chest and back.

Note: remember to consult a medical practitioner before attempting any workout if you have any medical conditions and/or are pregnant.

## 20 mins Circuit

Warm up for min 3-5 minutes prior. Warm up can be arms circles and shoulder rolls whilst walking around. Warm your body up by jogging on the spot and getting the blood moving. If it is especially cold, please warm up for at least 10 mins.

Set a timer for 10 x 2 min rounds

- \* 2 mins Side raise with free weights (Free Weights 2-4 kgs)
- \*2 mins Tricep Push Ups
- \*2 mins Lying Chest Fly (Free Weights 2-4 kgs)
- \*2 mins Squat curl and press (Free Weights 2-4 kgs)
- \*2 mins T Push Ups

REPEAT