

Arm Workout A - Intermediate



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 20 x 1 min rounds

- * 1 min Bicep Curls (Free weights or bar 4-8 kgs) Make it slow and steady. Do not rush this.
- * 1 min Pushups on toes - bottom down, hold your tummy in
- * 1 min Super Mans - you should feel this in your lower back
- * 1 min Tricep Dips - use a chair or bench. Do 20 then stretch out your arms, then do another 20. Go for the whole minute
- * 1 min Shoulder Press (Free weights or bar 4-8 kgs) Breath out on the 'push up' breath
- * 1 min arm circles and stretches to give yourself a mini break
- * 1 min straight leg Dead Lift (Free weights 4 -8 kgs) squeeze the shoulder blades together
- * Rotating Triceps Kickback (Free weights 4 - 8 kgs)
- * 1 min Standing V Raise (Free weights 4 - 8 kgs)
- * 1 min clean and press Windmill (Free weights 4 - 8 kgs)

REPEAT