



# 5-MINUTE ARM WORKOUT

## 1. 10 V-up/downs with light weights

- > 10 V-INS
- > 10 pulses half way, 10 second hold
- > Lunges

## 2. 10 Arm rotations front/back

- > 10 second pulse back
- > 10 second squeeze hold back
- > Lunges

## 3. (RIGHT) Biceps Squared: Raise arms to shoulder level, palms up (RIGHT arm in front, and LEFT arm to side)

- > 10 second pulse up
- > Lunges

## (LEFT) Biceps Squared: Raise arms to shoulder level, palms up (LEFT arm in front, and RIGHT arm to side)

- > 10 second pulse up
- > Lunges

## 4. Overhead presses > Peck Presses > Pulses

- > Lunges

## 5. Arm Pulses out front to finish!

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