

 **Arms & Shoulders – Dumbbell Workout**

* Stretch: Biceps, Triceps, Chest
* Warm – up 1-min Jumping Jacks, 1-min High Knees

STRENGTH TRAINING:

* Bicep Curl – 12 repetitions (reps) each arm x3 (repeat 3 times)
	+ Stand with your feet hip-width apart and hold a dumbbell in each hand with your palms facing each other. Engage your core, squeeze your shoulder blades and glutes, and keep your upper arms still and perpendicular to the floor. Bend your elbows slowly, keeping them close to your body, and curl the weights up until they're near your shoulders. As you curl, rotate the dumbbells inward so your palms face up. Squeeze your biceps at the top of the movement and hold for a second. Slowly lower the weights back down to the starting position with control.
* Tricep Kickback – 12 reps each arm x3
	+ Stand with a slight lean forward and bent knees. Hold a dumbbell in each hand. Keep your back straight and core engaged. Bend your elbow 90 degrees, holding the dumbbell. Hinge at the elbow, lifting the dumbbell back and up. Pause, then slowly lower the dumbbell back to 90 degrees.
* Hammercurl – 12 reps x3
	+ Stand hip to shoulder width apart. Hold dumbbells at sides, palms facing thighs. Bend at the elbow, lifting the lower arms to pull the weights toward the shoulders. Your upper arms are stationary, and the wrists are in line with the forearms. Hold for one second at the top of the movement. The end of the DB will gently touch front of the shoulder. Lower the weights to return to the starting position.
* Upright Rows – 12 reps x3
	+ Stand with your feet shoulder-width apart and hold a dumbbell in each hand with an overhand grip. Your palms should face down and your arms should be extended, holding the weights at the top of your thighs. Engage your core and squeeze your glutes. Exhale as you use your deltoids to raise the dumbbells vertically, bending your arms up and moving your elbows out to the sides. Keep the weights close to your body and your torso upright. Continue lifting until your elbows are level with or slightly lower than your shoulders and the weights are parallel to your shoulders or at chest level. Pause briefly at the top, then inhale as you slowly lower the dumbbells back to the starting position with control. Keep your torso stationary and your shoulder blades pulled together.
* Seated Shoulder Press – 12 reps x3
	+ Sit on a bench with back support and a slight decline or 90-degree incline. Place a dumbbell in each hand on your thighs or knees. If the dumbbells feel heavy, use momentum to raise them into position between your shoulders and ears. Rotate your palms so they face forward. Bend your elbows and raise your upper arms to shoulder height. Engage your core and pull your abs in so there's a slight gap between your back and the bench. Press the dumbbells up and in until they almost touch directly over your head. Hold for a moment, then slowly lower the dumbbells back to the starting position.
* Lateral Raise – 12 reps x3
	+ Grab a set of dumbbells and stand straight. With your palms facing thighs, lift the dumbbells and raise your arms out to the sides. Once your elbows are at shoulder height, pause, and then slowly lower the arms back to the initial position. Keep a slight bend in your elbow during move.