

ARM WORKOUT CIRCUIT

5 MOVES.
60 SECONDS EACH.
REPEAT 3 TIMES.

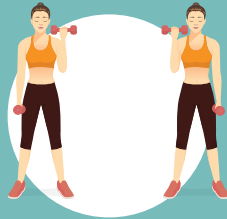
What you will need:

1. Timer
2. Two dumbbells (or water bottles)
3. Water

Instructions:

1. Complete each move for 50 seconds, then take 10 seconds to rest.
2. After you have completed all five moves, repeat the circuit two more times.
3. Ensure you are standing hip-width apart for all exercises.

ONE



1. Single Arm Bicep Curls

- With a weight in each hand, keep your palms facing forward and arms at the side of your body.
- Bend your elbows and curl your arms up towards the shoulders.
- Hold for two seconds and then slowly lower arms.

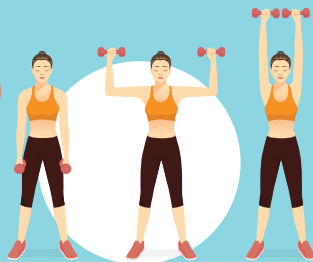
2. Tricep Kickbacks

- Bend at the hips until your chest is parallel with the floor.
- With your elbows bent at a 90-degree angle, bring the weights back until your arms are almost straight.
- Hold for two seconds and then slowly return to the starting position.

TWO



THREE



3. Overhead Shoulder Press

- Hold your arms up with a slight bend in your elbows. Keep your palms facing forward.
- Extend your arms straight over your head.
- Hold for two seconds and then slowly return your arms to the starting position.

4. Front Raise

- Hold your palms facing backward and your arms at your sides.
- Keeping your arms straight, use your shoulders to raise your arms until they are parallel with the ground.
- Hold for two seconds and then slowly lower arms.

FOUR



FIVE



5. Arm Circles

- Extend your arms out so that they are parallel with the floor. Keep a slight bend in the elbows.
- With your palms facing down, draw circles clockwise in the air with your arms for 25 seconds and then draw circles counterclockwise in the air with your arms for another 25 seconds.

Warning: The use of any information/videos provided on www.brampton.ca is solely at your own risk. Parents or legal guardians should be aware of any activities undertaken by their children. The City of Brampton assumes no responsibility for injuries or any damages suffered as a result of performing the exercises and activities made available on www.brampton.ca. Before you undertake any form of physical activity, we urge you to consult with a doctor or medical professional. If you experience faintness, dizziness, pain or discomfort, stop the exercise immediately and consult a medical professional.