

RESET!

Workout of the Day



Arms – Level 2

by Erika Helwig, Bob Hoffman YMCA

*Equipment needed: Dumbbells or resistance band/tubing, stability ball

*Complete 4 sets of 10-12 reps (21's are the exception, complete *as is* for 4 sets)

Biceps -

- 21's (7 bottom half curls, 7 top half curls, 7 full range curls)
- Hammer curls, alternating (L then R counts as one rep)
- Inward dumbbell curls, alternating (L then R counts as one rep)
- Incline dumbbell curls (using stability ball, mid back on ball)

Triceps -

- Tricep pressdowns (Option: Bent-over tricep extensions to corners)
- Tricep Dips (Option: extended legs)
- Underhand-grip tricep pulldown, complete reps on one arm before switching (Option: Reverse-grip tricep kickback)
- Lateral tricep extensions