

# RESET!

## Workout of the Day



### Arms – Level 1

by Erika Helwig, Bob Hoffman YMCA

\*Equipment needed: Dumbbells or resistance band/tubing (optional: sturdy armless chair)

\*Complete 3 sets of 8-10 reps

#### **Biceps - (option; seated)**

- Standing bicep curls
- Outward Bicep curls
- Hammer curls
- Reverse curls

#### **Triceps -**

- Single-arm tricep kickbacks
- Tricep push-ups on wall
- Overhead tricep extensions
- Seated dips (on floor)