

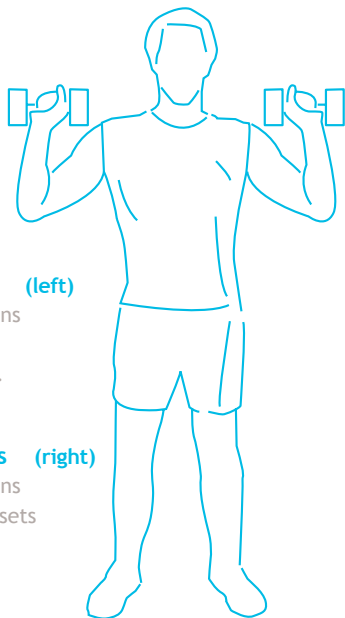
Tone-up your arms

Looking for slimmer more defined arms? This workout will help you to tone and develop your arm muscles in just 15 minutes. Always include a warm-up before a and cool down session afterwards.



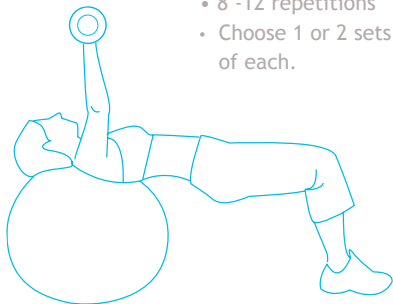
Reverse Rows (left)

- 8 -12 repetitions
- Choose 1 or 2 sets of each.



Shoulder Press (right)

- 8 -12 repetitions
- Choose 1 or 2 sets of each.



Chest Press (left)

- 8 -12 repetitions
- Choose 1 or 2 sets of each.



Press ups (left)

- 10 - 20 repetitions
- Choose 1 or 2 sets of each.



Bicep Curls (above)

- 8 -12 repetitions
- Choose 1 or 2 sets of each.

Hammer Curls (right)

- 8 -12 repetitions
- Choose 1 or 2 sets of each.



Tricep Kickbacks (right)

- 8 -12 repetitions
- Choose 1 or 2 sets of each.