

The Ultimate **BEGINNER ARM WORKOUT**

Time: 15-20 minutes

Equipment: Barbell, Cable Machine

Difficulty: Beginner

Warm-up

3 x 20 Reverse Curls

Keep your palms facing the ground, keep your elbows to your side, and squeeze your fists as you lift the bar.

Biceps

2 x 16 Barbell Curls

Don't let your elbows COMPLETELY lock. Also, try not to swing the weights or lean back.

2 x 16 Preacher Curls

This can be on the machine or one the free weights. Keep your elbows flat on the pad and lift away!

Triceps

2 x 16 Cable Pushdowns

Make sure to squeeze the rope tight as you push it down. Lock your elbows and flex your triceps at full extension.

2 x 16 Tricep Extensions

This one can get tricky. Make sure to avoid letting your elbows spread out as the weight goes down. This does not need to be done with much weight, so just focus on doing the exercise properly.

Slams

3 x 20 Ball Slams - Use a 12-20lb medicine ball, lift it above your head, and SLAM it down as hard as you can!