

Daily Workout

BICEPS & TRICEPS

Step 1: Three sets of 20 **jumping jacks**.

Step 2: Two Sets of 10 **seated alternate curls** - Sitting on a chair or bench, hold a dumbbell or equal weight in each hand with the arms extended downward, palms up. Lift one weight keeping your palm up and elbow in at your side. Bring it up as high as you can without lifting the elbow. Resist as you slowly lower the weight. Alternate arms, performing 10 curls with each arm.



Seated Alternate Curl

Step 3: Two sets of 10 **concentration curls** – Sit on a flat bench with your legs spread, knees bent and your feet flat on the floor. Or, stand behind an incline bench or other object you can use as a solid inclined surface. Holding a dumbbell or weighted object in your hand, place your elbow on the inside of your leg if seated or your upper arm on the bench or inclined surface if standing. With the palm up, curl the dumbbell forward and up in a smooth movement, contracting your bicep. Return the weight to the starting position, resisting as you lower. Complete 10 reps with one arm then repeat with the other arm.



Concentration Curl

Step 4: Two sets of 10 **lying triceps extensions** - Lie flat on your back on a bench or the floor, and position your feet flat on the floor. With a dumbbell or equal weight in each hand, extend your arms over head until fully extended. Your palms should face one another and your hands should be close together. Bend the elbows, and lower the weights to either side of your head. Extend your arms to return to the starting position.



Lying Tricep Extension

Step 5: Two sets of **one arm overhead extensions** - Standing or seated, place a dumbbell with one hand, and position it behind your head with your elbow flexed to 90°. The opposite hand can support the elbow that is up. Contract your tricep, and press dumbbell upwards until the arm becomes fully extended. Pause, and lower the weight to the starting position.

Step 6: Light stretching.

One Arm Overhead Extension

