8 Minutes

Beginner | 8 min

1		**Alternating Curls** Dumbbell	**x15** Reps
Rest			**25 Seconds**
2		**Barbell Curls** Barbell	**x15** Reps
Rest			**25 Seconds**
3		**Dumbbell lateral raises** Dumbbell	**x15** Reps
Rest			**25 Seconds**
4		**Tricep bench dips** Bench / Chair	**x15** Reps
Rest			**25 Seconds**
5		**Triceps Kickbacks** Dumbbell	**x15** Reps
Rest			**25 Seconds**

Copyright Passion4Profession 2026. All rights reserved.

6



Alternate front raise

Dumbbell

x15

Reps

Rest 25 Seconds

7



Rotating Bicep Curl

Dumbbell

x15

Reps

Rest 25 Seconds

8



Dumbbell Triceps Extension

Dumbbell

x15

Reps

Rest 25 Seconds

9



Rear raise

Dumbbell

x15

Reps

P4P

This is the workout in PDF. In the app you live the full experience.

Here you have the technical structure. In the app you find a richer, more dynamic and more vivid experience.

Download the app

Copyright Passion4Profession 2026. All rights reserved.