8 Minutes

Beginner | 8 min | 78 Kcal

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**

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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



Armify

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

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