Ready for summer

Beginner | 11 min | 108 Kcal

1		**Reverse Barbell Curl** Barbell	**30** Seconds
	Rest		**30 Seconds**
2		**Triceps Kickbacks** Dumbbell	**30** Seconds
	Rest		**30 Seconds**
3		**Alternate front raise** Dumbbell	**x30** Reps
	Rest		**30 Seconds**
4		**Tricep bench dips** Bench / Chair	**30** Seconds
	Rest		**30 Seconds**
5		**Barbell Curls** Barbell	**30** Seconds
	Rest		**30 Seconds**

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6



Dumbbell lateral raises

Dumbbell

x30
Reps

Rest **30 Seconds**

7



Tricep bench dips

Bench / Chair

30
Seconds

Rest **30 Seconds**

8



Alternating Hammer Curls

Dumbbell

30
Seconds

Rest **30 Seconds**

9



Dumbbell Triceps Extension

Dumbbell

30
Seconds

Rest **30 Seconds**

10



Rear raise

Dumbbell

x30
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 dy

Download the app

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