# Kun biceps

Nybegynner | 7 min | 69 Kcal

| | | | |
|---|---|---|---|
| 1 |  | Dumbbell lateral raises<br>Dumb-bell | 30 Sek |
| | Hvile | | 20 Sek |
| 2 |  | Alternate front raise<br>Dumb-bell | 30 Sek |
| | Hvile | | 20 Sek |
| 3 |  | Rear raise<br>Dumb-bell | 30 Sek |
| | Hvile | | 20 Sek |
| 4 |  | Dumbbell lateral raises<br>Dumb-bell | 30 Sek |
| | Hvile | | 20 Sek |
| 5 |  | Alternate front raise<br>Dumb-bell | 30 Sek |
| | Hvile | | 20 Sek |

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| | | | |
|---|---|---|---|
| 6 |  | Rear raise<br>Dumb-bell | 30<br>Sek |
| | Hvile | | 20 Sek |
| 7 |  | Dumbbell lateral raises<br>Dumb-bell | 30<br>Sek |
| | Hvile | | 20 Sek |
| 8 |  | Alternate front raise<br>Dumb-bell | 30<br>Sek |
| | Hvile | | 20 Sek |
| 9 |  | Rear raise<br>Dumb-bell | 30<br>Sek |


**Armify**

**Dette er treningen som PDF. I appen opplever du den fulle opplevelsen.**

Her har du den tekniske strukturen. I appen finner du en rikere og mer dynamisk opplevelse.

Last ned appen

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