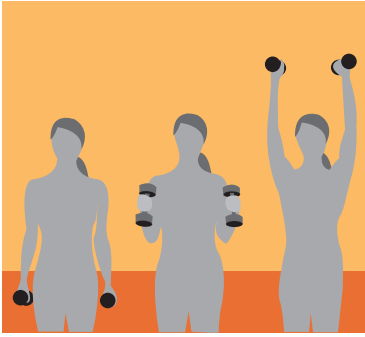


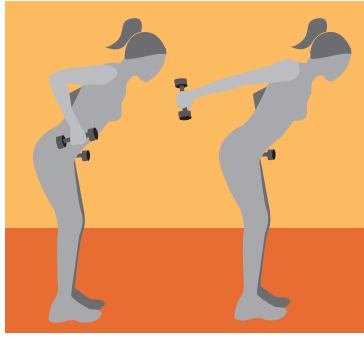
# FitSugar's Arm Plan



## Hammer Curls to Overhead Press

Works: Biceps, shoulders

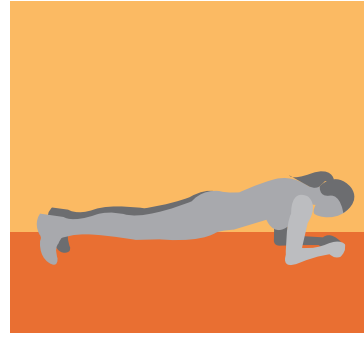
- Stand with your feet hip width apart.
- Pick up a set of 3 to 8 pound weights, with your palms facing in towards the sides of your legs.
- Inhale as you bend your elbows, raising your hands towards your chest with your palms still facing in.
- As you exhale, straighten your arms up over your head.
- Inhale to lower your elbows back down towards your ribs.
- Then exhale, straighten your arms back down toward your legs.
- Repeat for a total of 12-15 times. Do two sets.



## Triceps Kickback

Works: Triceps

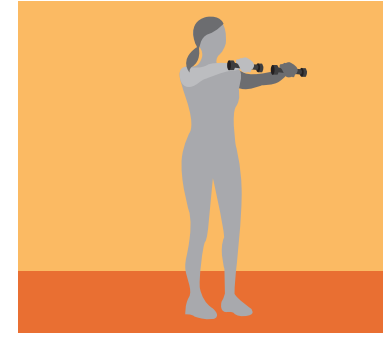
- Hold a dumbbell in each hand. Lean your torso forward slightly, keeping your spine straight, and bend both elbows back behind you as high as you can.
- Keeping your elbows in that position, straighten your right arm back with bottom of your fist pointing up.
- With control, bend your right elbow and bring the weight back in towards your shoulder. Do this 12 to 15 times.
- Without taking a break, do 12 to 15 reps on the left side.
- Repeat on both sides three times. If you need to, take a break between each set.



## Elbow Plank

Works: Chest, shoulders, biceps, core

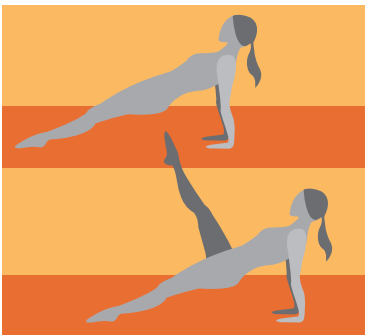
- Get face down on the floor resting on your forearms and knees.
- Push off the floor, raising up off your knees onto your toes and resting mainly on your elbows.
- Contract your abdominals to keep yourself up and prevent your booty from sticking up.
- Keep your back flat — don't let it droop or you'll be defeating the purpose. Picture your body as a long straight board, or plank.
- Hold as long as you can. Aim for 20-30 seconds in the beginning and work your way up to one minute, as you get stronger.
- Repeat three times.



## Front Raise

Works: Deltoids

- Stand with your knees slightly bent and with your feet no more than shoulder width apart.
- Keep your abs tight, chest up and back straight.
- Hold 3-5 pound dumbbells (palms facing in) in front of legs, with elbows slightly bent.
- Squeezing shoulder blades together and in a controlled motion, raise dumbbells up, keeping elbows fixed, until arms are parallel to the floor. Hands should not go higher than top of shoulders.
- While maintaining the controlled motion, return to starting position. Do not allow muscles to relax before next repetition.
- Do 3 reps of 10.



## Pilates Leg Pull Back

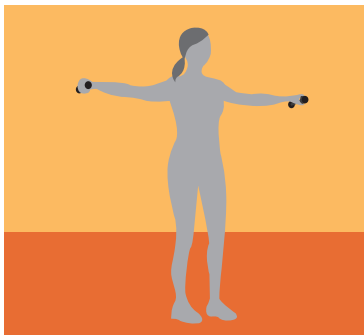
Works: Triceps, lats, opens chest

### Reverse Plank

- Start by sitting with legs out in front of you, heels together, spine long and palms by your pelvis with finger tips forward.
- Lift pelvis off the ground, until your body forms a long line from the shoulders to the feet. Go ahead and point those toes.
- Feel inner thighs squeeze toward one another, with abs pulling toward spine.

### With Kick

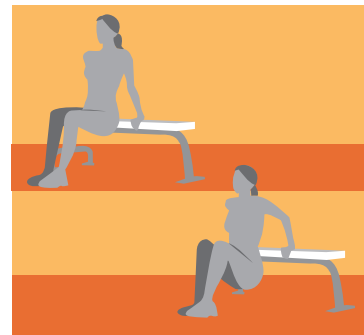
- Keeping your plank stable, inhale and kick your right leg up as high as you can, without breaking at your waist.
- Pressing your left leg into the floor will help keep you stable.
- Exhale, flex through your foot and slowly lower your right leg reaching through your heel.
- Repeat kick with the left leg. Repeat each side 3 more times for four sets.



## Lateral Arm Raises

Works: Deltoids

- Stand with your feet hip distance apart. Hold a dumbbell in each hand so your palms face in towards the sides of your body.
- Start with the right side first. With control, keep your arm straight (but don't lock that elbow) and as you inhale, raise your right hand up towards the ceiling. You want your palm to be facing down, and your arm to be parallel to the floor. Then as you exhale, slowly lower your hand back to your body. You should be able to see your hand in your peripheral vision. So your arm isn't directly out to the side, but slightly forward.
- Repeat with your left arm.
- Then do both your right and left arms at the same time.
- Continue these moves of right, left, together, right, left, together, for a total of 10 to 12 reps. Do two sets.



## Tricep Dips

Works: Triceps

- Position your hands shoulder width apart on a secured bench or stable chair.
- Move your booty in front of the bench with your legs bent and feet placed about hip width apart on the floor.
- Straighten out your arms and keep a little bend in your elbows in order to always keep tension on your triceps and off your elbow joints.
- Now slowly bend at your elbows and lower your upper body down towards the floor until your arms are at about a 90 degree angle. Be sure to keep your back close to the bench.
- Once you reach the bottom of the movement, slowly press off with your hands, and push yourself straight back up to the starting position.



## Superman

Works: Spinal muscles, back of shoulders

- Lie face down on your stomach with arms and legs extended. Keep your neck in a neutral position.
- Keeping your arms and legs straight (but not locked) and torso stationary, simultaneously lift your arms and legs up toward the ceiling to form an elongated "u" shape with your body — back arches and arms and legs several inches off the floor.
- Hold for two to five seconds and lower back down to complete one.
- Do three sets of 12.



Arm exercises  
brought to you by

**fitsugar**