

JM Fitness Boot Camp TO GO

Written workout #23 - **100% Arms**

What You'll need:

#1 - **A Stopwatch**

#2 - **Dumbbells (DB)**

#3 - **Resistance Bands**

Instructions = 30 seconds of work and 30 seconds of rest. Do each move 3 times and then move on to the next exercise.

Circuit #1

DB Bicep Curls

DB Lying Tricep Extensions

DB Hammer Curls

DB Tricep Kick Backs

DB Overhand Curls

******* 1 MINUTE BREAK *******

Band Bicep Curls

Band Tricep Pulses (Wrap band around
some secure)

Band Hammer Curls

Band Tricep Kick Backs

Band Overhand Curls