

JM Fitness Boot Camp TO GO

Written workout #24 - **100% Arms #2**

What You'll need:

#1 - **A Stopwatch**

#2 - **Dumbbells (DB)**

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

Left Arm DB Bicep Curl

Right Arm DB Bicep Curl

Left Arm DB Tricep Extension

Right Arm DB Tricep Extension

Lying DB Bicep Curl (Both hands)

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

Left Arm DB Hammer Curl

Right Arm DB Hammer Curl

Left Arm DB Tricep Kickback

Right Arm DB Tricep Kickback

Lying DB Hammer Curl (Both hands)