

TONED ARMS WORKOUT

Here is what you will need: BOSU ball, resistance band, pair of dumbbells and treadmill. One of my premium members emailed me a couple weeks ago in a panic because she needed an at-home workout she could do with just a few items. So if you have a treadmill at home, or access to setting a small station up at the gym with this equipment, here is an entire arm workout that will increase your strength, muscular endurance and cardio conditioning. - Coach Keri

REPEAT EACH SET 3X

5 minute cardio warm up of your choice (6 out of 10 effort). Warm up thoroughly.

IGNITEGIRLS MOVE	REPS/DURATION	✓
SET ONE		
BOSU Burpees with Push Up (rounded BOSU side down)	1 minute	
Resistance Band Bicep Curl (stand firmly on the band)	1 minute	
Sprint!	1 minute	
Front Raise with DB (palms facing down, lift out to front, then lower)	1 minute	
REST 1 MINUTE		
SET TWO		
BOSU Side Plank Dips (stack or stagger your feet, face one side and dip down)	:30 ES	
Resistance Band Tricep Kickback (secure that band in front of you about hip height)	1 minute	
Plank Walk on Treadmill (in plank with hands on a treadmill belt (that is OFF), push the belt away from you in a walking motion using upper body and core strength)	1 minute	
Lateral Raise with DB (palms facing down, lift out to sides, then lower)	1 minute	
REST 1 MINUTE		
SET THREE		
BOSU Plank Up Downs (rounded BOSU side up, in plank position on your elbows, push up onto right hand then left hand, then lower right elbow, left elbow and repeat without rocking your hips)	1 minute	
Resistance Band Hammerhead Bicep Curl (palms facing each other)	1 minute	
Sprint on 5.5+ Incline!	1 minute	
Overhead Tricep Extension w/ DB (use 1 or 2 DB, keep elbows close to your head)	1 minute	
REST 1 MINUTE		

5 minute cool down, then stretch for 10 minutes.

» You can also finish this workout with a one mile run for time prior to the cool down.

TERMS KEY

DB - Dumbbells
ES - Each Side

