



#CreateYourSummer

# Bikini Arms Routine

The perfect routine to strengthen, tone  
& build sexy, sculpted Arms!


Follow along to the video, and check-in when you  
complete this to let us know how amazing you feel!

#BIKINISERIES



## Warm Up

x25



Warm up your gorgeous arms with these two moves. Swing your arms forward around your shoulder joints to loosen up the muscles. Once you complete 10 rotations, reverse direction and swing for another 10. Next, swing your arms across horizontally to open your chest and back. 5 total swings back and forth should do the trick! Keep your abs tight and your legs planted.





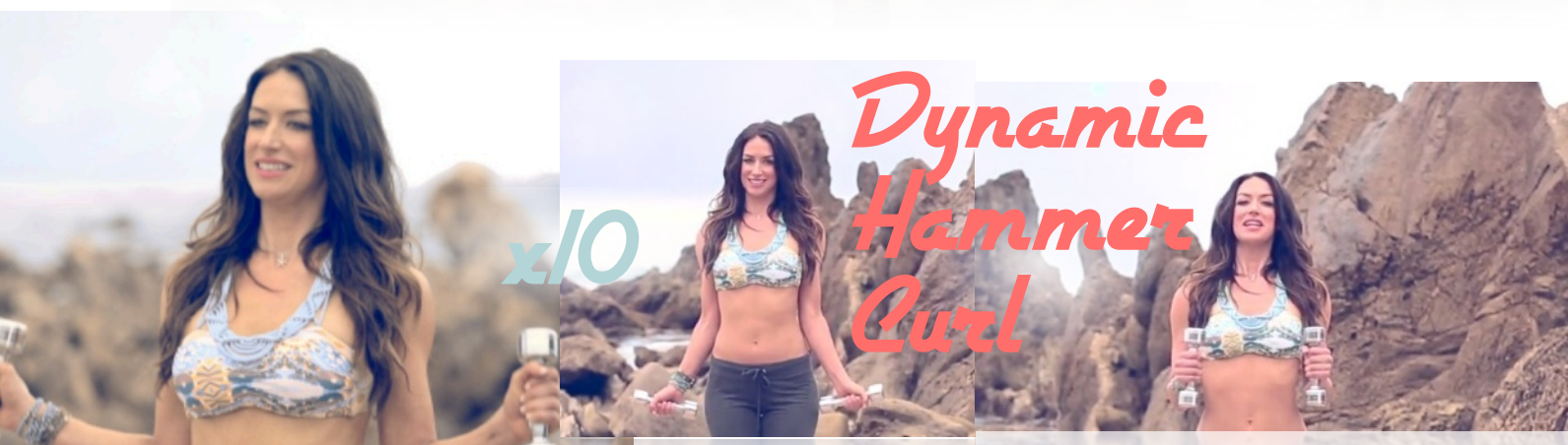
Stand with dumbbells in your hands, curling your weights up and keeping them in your hands held in a horizontal position! Perform one curl straight out in front of you, then another with the weights out to the side, with your elbow tucked into your waistline the whole time! That's one rep! Keep your shoulders back and down! Don't cheat by elevating or "shrugging" up!

## External Rotation

x/10



With your forearms parallel to the ground and your elbows kissed into your waistline, slowly move the weights out to create a + with your body. Externally rotating your shoulders, holding for a 1 count, and internally rotate by bringing the dumbbells back together in front of your belly button. That's one rep!



Stand with dumbbells in your hands, curling your weights up and keeping them in your hands held in a vertical position! Perform one curl straight out in front of you, then another with the weights out to the side, with your elbow tucked into your waistline the whole time! Keep your shoulders back and down, and engage those abs!



# Overhead Tricep Extension

x/5

Lift your arms overhead with both dumbbells in your hands, and bend your elbows to 90°, so that the weights are back behind your head. Without moving your elbows from next to your ears, press into your palms to extend the weights up above you until your arms are straight! After 15 reps, pulse it out to fine tune for :15 seconds. Maintain a strong core!

# Overhead Press

# with Tricep Extension

x/10

With your dumbbells held up at eye level, and your elbows directly under your wrists out to the sides, press up through the heel of your hand, always keeping the weight directly above your elbows! Once your arms are fully extended above your head, perform a single overhead tricep extension! Slowly return the weight back down to eye level.

# Bicep Curl

x/10

Stand with dumbbells in your hands, curl your right arm up keeping the dumbbell in your hand held horizontal! Perform the curl with one arm at a time, alternating as your continue to curl the weight out in front of you with your elbow tucked into your waistline the whole time! Remember to keep your shoulders back and down.





## *Upright row & Extension*



Hold your dumbbells in front of your thighs, palms facing you. With your shoulders down and back, pull the weight up with your elbows, bringing them up to shoulder level, to perform an upright row. Remember to keep the weight directly below your elbow, and don't pull the weight up, pull your elbows up! Once at the top of this move, keep your elbows in place at shoulder height and kick the weights out to the side to perform a tricep extension!

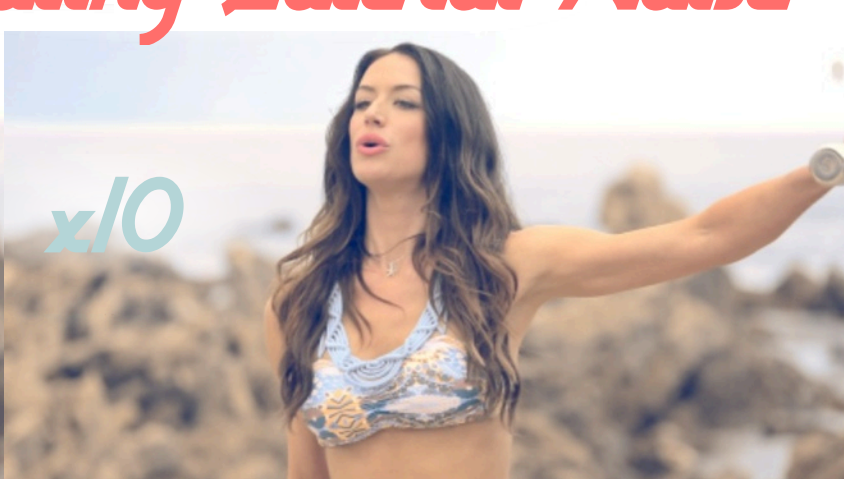


## *Front Raise*



Stand with your dumbbells in front of your thighs with your palms facing you. One at a time, raise your arm up in front of you without bending at the elbow, bringing your weight to eye level, to perform a front shoulder raise. Slowly lower it down and repeat for the other side! Squeeze your abs on this one, you'll feel it!

## *Alternating Lateral Raise*



Stand with dumbbells down by your sides, palms facing you. One at a time, raise your arm up to your side without bending at the elbow, bringing your weight to shoulder level, to perform a lateral shoulder raise. Slowly lower it down and repeat for the other side! Keep squeezing those abs, beach babe!



## Alternating Shoulder Raises



Begin by performing a lateral raise with both arms, raising them out to the sides up to shoulder level. Without lowering, bring the weights together in front of you, then lower. Now repeat this in reverse by performing a front shoulder raise, lifting the weights up in front of you, then bringing them back out to the side, and slowly lowering down to the outside of your thighs! Repeat the sequence for 5 reps!

## Bent Over Row

x/10



Bend slightly at the hips, keep your back flat and let your dumbbells hang naturally below your shoulders with straight arms. Holding your shoulders back and down, pull your elbows in to your waistline to row the weight back until your wrists kiss your sides. Slowly lower the weight back down in front of you. Don't sway back and forth, remember to breathe, and squeeze your abs!

## Bent Over Rear Fly

x/10



Bend slightly at the hips, keep your back flat and let your dumbbells hang naturally below your shoulders with straight arms. Holding your shoulders back and down, perform a rear fly by pulling your elbows out and back without bending them. Squeeze your shoulder blades together when the weights are up at shoulder level, and slowly lower back down.





Perform a bent over row, but finish it by keeping your elbows in place, then kicking your weights back behind you until your arms are straight. Bring the weights back in front so that your elbows are bent at 90°, then return to the starting position with the weights out in front of you. Repeat!



Perform a bent over rear fly, followed by a bent over front shoulder raise! Remember to squeeze your abs, you should start to feel it in your lower back by now, you got this!



With dumbbells in your hands, curl your arms up keeping the weight in your hand held in a horizontal position! Perform the curl with both arms at the same time, and continue to curl the weight out in front of you with your elbow tucked into your waistline the whole time! Remember to keep your shoulders back and down, and your core tight!



## Total Bikini Arms

x8-10



Bring it all together for this last move! Stand tall and strong with both dumbbells by your side, palms facing you. Perform a bicep curl with both arms at the same time. Pause at the top with your dumbbells up at shoulder level, rotating your shoulders out as you keep the weights just above your elbows. Perform a shoulder press, and finally an overhead tricep extension! Slowly lower it back down in reverse of the above, and repeat! Complete 8 - 10 reps before finishing with some overhead tricep extension fine tuning for :15 seconds!!