After this workout, you're going to feel strong and on FIRE!

There's just something about upper bod training that makes you feel like a total badass, right?! This workout will tone your biceps, triceps, chest, and upper back. You'll finish feeling sculpted, tall, and confident- and there's nothing sexier than confidence!

After all that sculpting, make sure to give your muscles the love they need with some protein! You can create your own Perfect Fit Protein Smoothie masterpiece with our mix 'n match guide from the Tone It Up Challenge 6 Week Meal Plan. Find it HERE!

**MOVE 1**

Begin holding a dumbbell in each hand. Engage your core as you curl the dumbbells toward your chest. From here, open your arms to the side at a 90-degree angle and push the dumbbells above your head. Bring the dumbbells together, bend at the elbows so your hands are behind your head, then extend your arms straight above your head. Complete 7 reps.
**MOVE 2**
Hold the dumbbells in front of your chest with your elbows out to the side. Extend left arm in front of you, then return to start. Repeat with the right side. Complete 20 reps, 10 on each side.

**MOVE 3**
Lower the dumbbells in front of your hips. Maintain a slight bend at the elbow as you raise your right arm straight in front of you. Slowly lower back down and repeat with the left side. Complete 22 reps, 11 on each side.

**MOVE 4**
Hold your arms by your side. Maintain a slight bend at the elbow as you raise your right arm out to the side. Slowly lower back to start and repeat on the left side. Complete 14 reps, 7 on each side.

**MOVE 5**
Hold your arms out to the side so that your body forms a “T.” Maintain a slight bend at your elbows. Bring the dumbbells directly in front of you so that they meet at midline. Return to start. Complete 7 reps.

**MOVE 6**
Bend your arms at a 90-degree angle, palms facing your midline. Bring dumbbells directly in front of you so that they meet at midline. Return to start. Complete 6 reps.

**MOVE 7**
Lower the dumbbells by your side. Engage your core as you lift the dumbbell in your right hand toward your chest. Make sure your palm is facing the midline. Slowly lower back down and repeat on the left side. Complete 16 reps, 8 on each side.
**MOVE 8**

Begin bending your arms at a 90-degree angle so that your forearm is parallel with the ground. Without moving your upper arm, rotate your forearms out to the side. Slowly return to start.

Complete 10 reps.

**MOVE 9**

Stand with feet hip-width apart, legs slightly bent, upper body hinged forward from the hips, and dumbbells held in front of you with a bend at the elbow. Make sure to have your back in a neutral position. Open your arms out to the side while engaging your core. Slowly lower back down.

Complete 12 reps.

**MOVE 10**

Maintain the same starting position as the previous move. Pull your right elbow back until your right palm reaches your chest. Slowly lower back to start and repeat on the opposite side.

Complete 22 reps, 11 on each side.

**MOVE 11**

Lay in a bridge position, hips lifted, elbows on the ground, and arms bent at a 90-degree angle. Press the dumbbells directly in front of you until arms are extended. Slowly lower back to start.

Complete 20 reps.

**MOVE 12**

While in the bridge position, hold both dumbbells in front of you, arms slightly bent at the elbow. Open arms out to the side. Slowly return to start.

Complete 12 reps.

**MOVE 13**

While in the bridge position, bend your elbows at a 90-degree angle so that your forearms are parallel to the ground. Extend arms straight in front of you.

Slowly lower back down.

Complete 15 reps.