Dumbbell Arm Workout

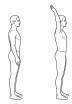
Biceps and triceps in turn with a pair of dumbbells: three curls, three extensions, standing or on the floor, no bench needed.

TYPE	FOCUS	LEVEL	TIME	EQUIPMENT
Strength	Upper body	Intermediate	30 min	Dumbbells

WARM UP

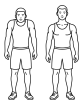
Once through, at an easy pace

Arm Circles



30 s

Shoulder Roll



10 reps

Knee Push-Up

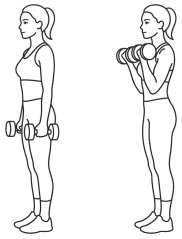


8 reps

MAIN

All sets of a move, then the next

1 Standing Dumbbell Curl

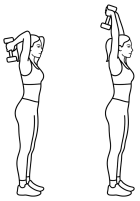


3 × 10

rest 60 s

Elbows stay by the sides; no swing

2 Standing Dumbbell Overhead Triceps Extension



3 × 10

rest 60 s

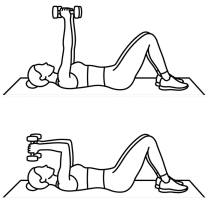
3 Dumbbell Hammer Curl



3 × 10

rest 60 s

4 Dumbbell Floor Skullcrusher

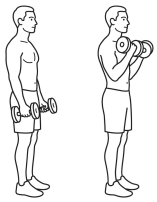


3 × 10

rest 60 s

Lower the dumbbells beside the head, elbows pointing up

5 Dumbbell Zottman Curl

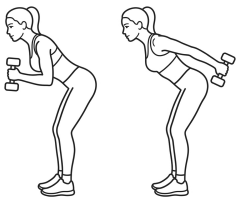


2 × 8

rest 60 s

Curl up palms up, lower slowly palms down

6 Dumbbell Triceps Kickback



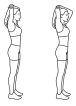
2 × 12

rest 45 s

COOL DOWN

Once through, at an easy pace

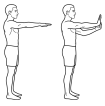
Overhead Triceps Stretch



30 s

each side

Wrist Flexor Stretch



30 s

Standing Pectoral Stretch



30 s

each side