

Arm Circles



Step-By-Step:

Step 1: Stand with your feet shoulder-width distance apart, a light weight in each hand. Extended your arms out to each side, parallel to the ground with your palms facing the ground.

Step 2: Draw small, controlled circles in a clockwise motion with your weights for 30 seconds. After 30 seconds, switch to a counterclockwise

motion for 30 seconds. Remember to keep your back straight and abs in tight. Do not arch your back. If you feel yourself compromising your form, drop to a lighter set of dumbbells.