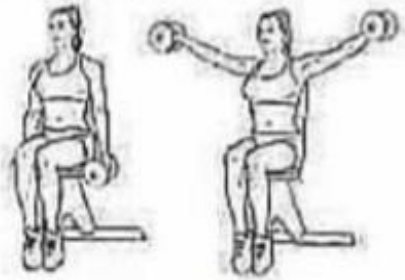
TONED ARMS WORKOUT

Seated Lateral / Side Shoulder Dumbbell Raises



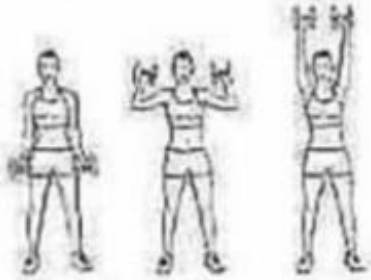
3 sets 10 reps

Dumbbell Bent Over Lateral Rear Delt Raises / Flyes



3 sets 10 reps

Dumbbell Biceps Curl to Shoulder Press



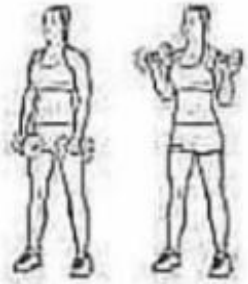
3 sets 10 reps

Chair / Bench Tricep Dips



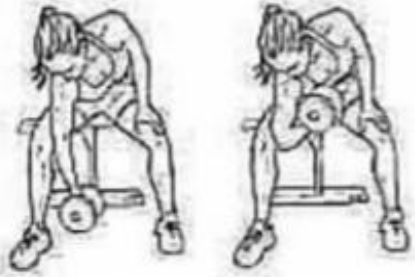
3 sets 10 reps

Dumbbell Bicep Reverse Curls



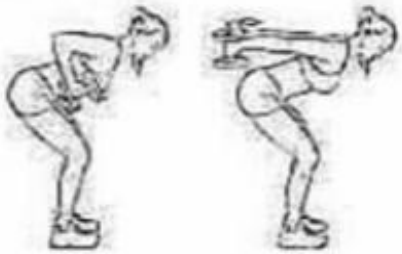
3 sets 12 reps

Seated Dumbbell Concentration Curls



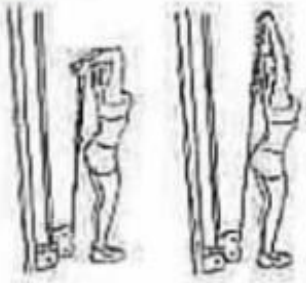
3 sets 12 reps

Bent Over Double Arm Tricep Kickbacks



3 sets 12 reps

Cable Rope Overhead Triceps Extensions



3 sets 10 reps