

Tone It Up!

# Arm Routine

A great addition to any toning workout, the Tone It Up Arm Routine will Sculpt and Tone every muscle in your arms!

Bicep Curls



Fine Toning



Standing with dumbbells to your side, curl the weight up keeping your palms facing the sky, and keeping your elbows in place. Slowly return the weight to the start position and repeat

**Fine Toning** - Pulse the weight with your elbows at about 90 degrees

Shoulder Press



Fine Toning



Standing with your arms overhead and elbows at 90 degrees out to your sides, press the weight up, keeping your wrist in line with your elbow. Slowly return the weight to the start and repeat

**Fine Toning** - Pulse the weight with elbows at 90deg, slowly bringing your arms in front of your face

& reverse

## Rear Flye



## Fine Toning



Stand slightly bent over with a flat back, and the dumbbells hanging free in front of your thighs. Using the back of your shoulders, spread your arms out (slightly bent) and bring the weight up to shoulder level before slowly returning the weight down in front of you again

**Fine Toning** - Pulse the weight at the top portion of the movement

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## Tricep Extension



## Fine Toning



Stand slightly bent over with a flat back, and your elbows at 90 degrees. Keeping your elbows in the same place at your side, press the weight back behind you, hinging at your elbow

**Fine Toning** - Pulse the weight with elbows almost completely straight

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## Upright Row



## Fine Toning



Standing with your arms at your side and your palms facing behind you, pull your elbows up to chin level, keeping your hands neutral and relaxed.

**Fine Toning** - "Shimmy" the weight down a few inches at a time back to start, and repeat

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