

Seated Arm Exercises



Instructions: Do these 4 exercises for 30 seconds each, followed by 30 seconds of active rest (gray box). Repeat this up to 4 rounds.

How often:

Changes:

Exercises 1 to 4:

1. Overhead Press



2. Palm Up Over-Unders



3. Chair Press Ups



4. Seated Arm Jacks



Active Rest:

Bicep Curls



Alternating Palm Up Palm Down

