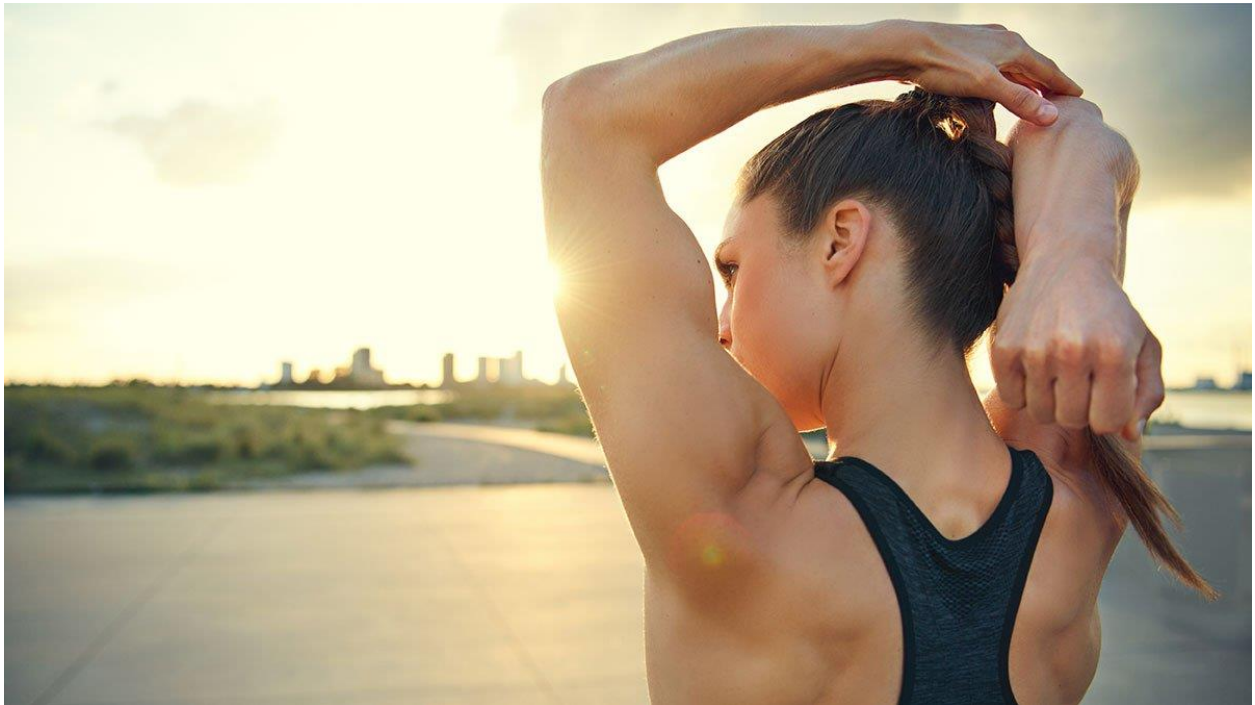


# ARMS WORKOUT



## 1. How to get the arms you've always dreamed of

**What to lift:** For dumbbell exercises, use five to 10-pound weights. Once you can easily do 12 repetitions, try heavier weights.

**How many repetitions:** Complete one to two sets of eight to 12 repetitions for each of the exercises you do.

**Find out what it's like to do Meghan Markle's favourite workout.**



## 2. Best Arm Exercises: Side raise

- Stand tall with knees slightly bent. Holding a dumbbell in each hand, let your arms hang by your sides, palms facing in.
- Keep a slight bend in your elbows as you raise your arms out to the sides until the dumbbells are level with shoulders (make sure your palms are facing the floor).
- Lower your arms; repeat to complete 8 to 12 reps.

**Try this 20-minute full-body workout – you'll see results in just four weeks.**



### 3. Best Arm Exercises: Triceps push-up

- Get into a push-up position with your arms straight but with knees on the floor and feet in the air. Hands should be under your chest and closer together than in a regular push-up.
- Tighten abs and bend arms, bringing chest toward the floor. Keep upper arms close to your sides and back straight. Elbows should point behind, not out.
- Straighten arms to the starting position; repeat for 8 to 12 reps or as many as you can do.

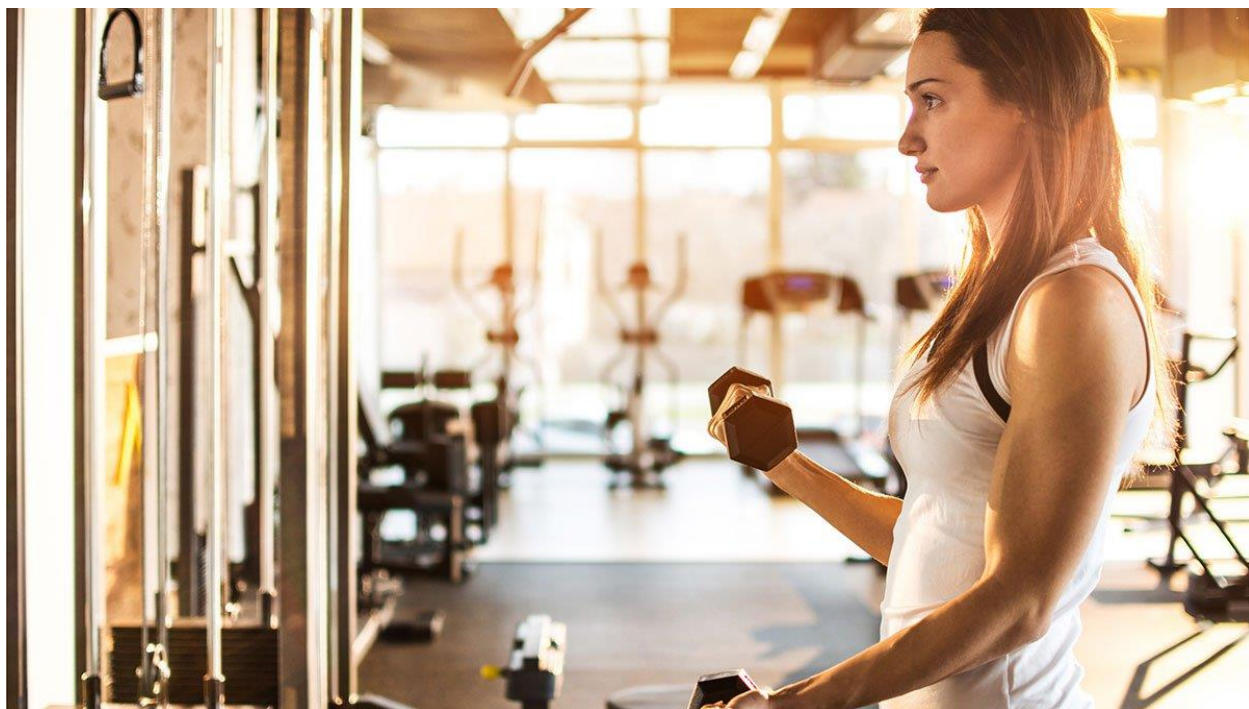
**This is the biggest mistake women make with abs exercises.**



## 4. Best Arm Exercises: Overhead extension

- Stand with feet hip-width apart and knees slightly bent, gripping the dumbbell with both of your hands.
- Reach your arms overhead, holding the dumbbell vertically. Keep wrists straight. Bend your elbows, lowering the dumbbell behind your head. Keep your upper arms close to your head and elbows pointing toward the ceiling.
- Straighten your arms upward; repeat to complete 8 to 12 reps.





## 5. Best Arm Exercises: Biceps curl

- Stand with feet shoulder-width apart, grasping a dumbbell in your hand.
- With palm facing forward, bend your elbow and pull the weight up towards your shoulders.
- Lower your arm. Complete 8 to 12 reps (and do the same on the other arm).

**If you do any exercise today, do this one core move.**



## 6. Best Arm Exercises: Dumbbell row

- Hold a dumbbell in your hand and get on one hand and knee on a bench. Keep your back straight; the elbow should be slightly bent and your palm facing inward. (Make sure to align bent knee under hips and hand under the right shoulder.)
- Tighten the abdominal muscles. Squeeze shoulder blades together and lift the weight upwards until the upper arm is parallel to the floor and elbow is slightly behind you.
- Return to start and finish the set. Do 8 to 12 reps, and switch sides.

**Here are 7 myths you need to stop believing before you can get abs.**



## 7. Best Arm Exercises: Bench press

- Lay on your back, on a weight-lifting bench, and plant both feet firmly on the floor.
- Reach up and grab the barbell with both hands.
- Pull the barbell down toward your chest, then push it away from you. Do 8 to 12 repetitions using as much weight as you can.

Wondering how fit you are? Take our “How Fit Am I?” Fit Test.