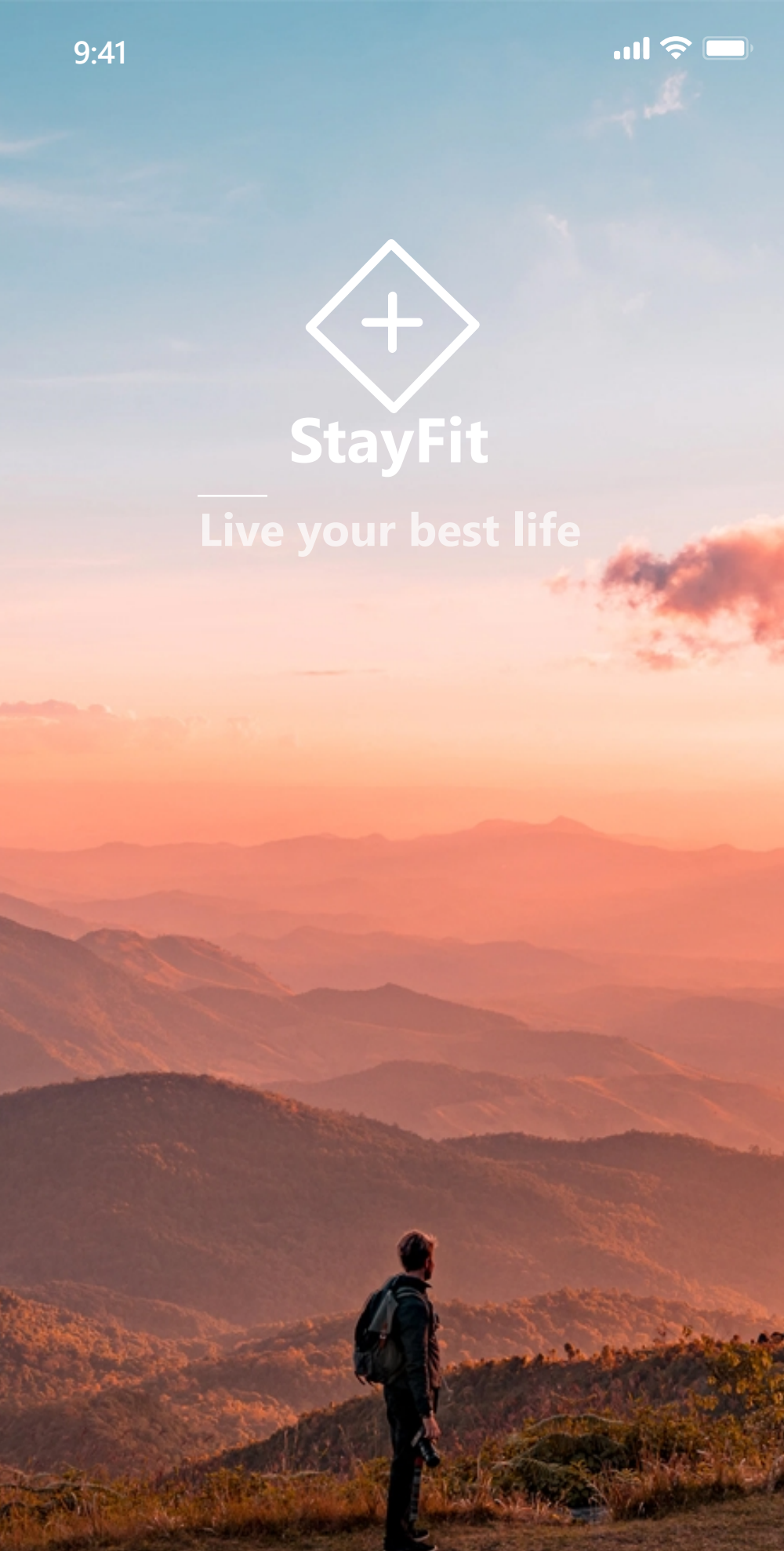


9:41



StayFit

Live your best life



LET'S GO





Arms Lst

Search Arms



Exercise 1:

Arm Circles

Exercise 2:

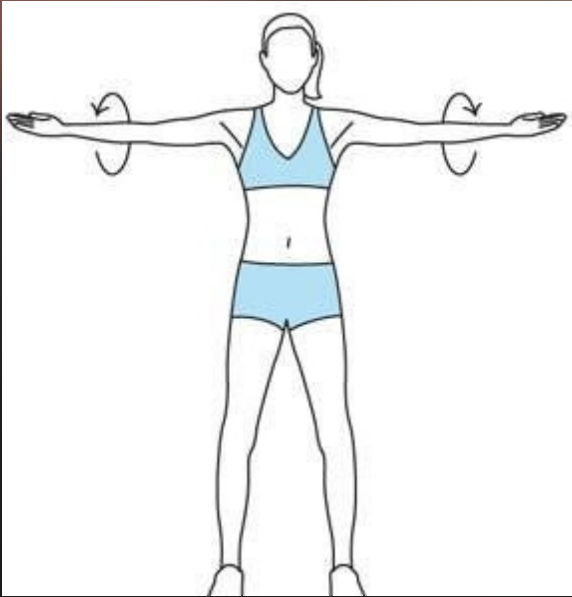
Push Ups

Exercise 3:

Bicep Curls



Arm Circles



LOW INTENSITY

30X OR 1 MINUTE

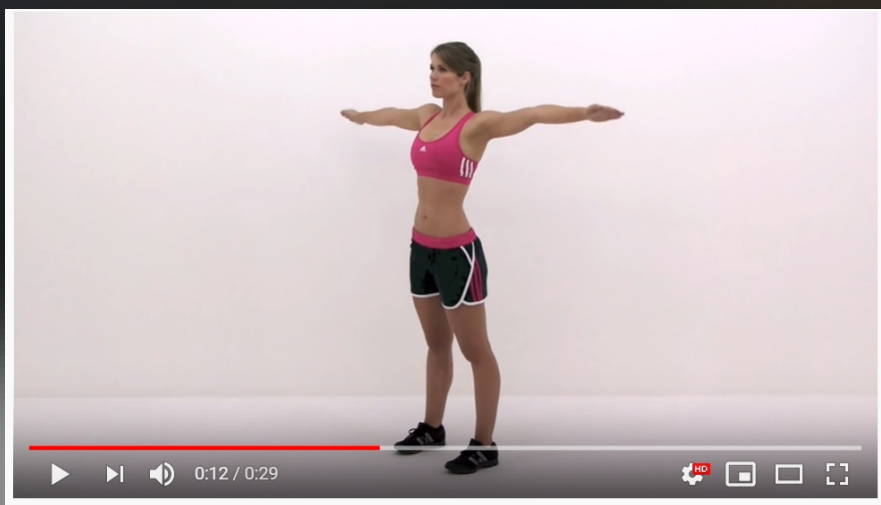
OVERVIEW

Arm circles are utilised to firm up arms and to reduce arm fat by , , , ,

Watch Video



Arm Circles Video



9:41



StayFit



Home

Learn & Do Exercises

Resources

Quiz Me



Quads

Abs

Glutes

Biceps

Triceps

Chest

Back

Arms

Legs

Stretches



**Q1: What are arm circles
used for?**

Arms

Legs

Thighs

Next

9:41

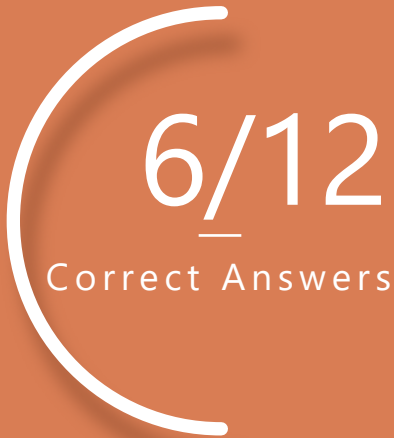


Quiz Me

Go!



Results



INCORRECT ANSWERS : 6

Q1: What are arm circles used for?

Arms

Q3: What are the target areas for squats?

Buttocks, Thighs and Legs

Q11: Which burns more calories?

Running



Resources

Flickr

Google

UNSW Gym



SKIP



Google

hike yosemite



ALL

IMAGES

SHOPPING

VIDEOS

NEWS

Lasting Adventures | Yosemite's #1 Hiking Guides | LastingAdventures.com

Ad www.lastingadventures.com/Yosemite/Back...

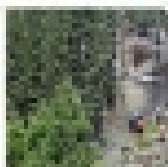
Single & Multi-Day Backpacking Trips Through Yosemite National Park. Space Is Limited! Custom National Park Tours With Options For All Interests & Abilities. Book Today! Adventures For All Ages.

Hiking - Yosemite National Park (U.S. National Park Service)

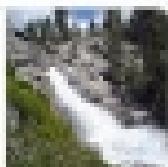
National Park Service (.gov) > yose > hik...

Apr 2, 2019 - One of the best ways to experience Yosemite is by taking a hike. Here are some of hikes available in different areas of ...

Yosemite Valley



Wawona & Mariposa Grove



Best Hiking Trails and Places to Hike in Yosemite National Park - Thrillist

Thrillist > san-francisco > best-y...





SKIP

UNSW Gym Timetable

GROUP FITNESS

MON	TUE	WED	THU	FRI	SAT	SUN
6:30am Body Pump 60 / S	7:00am Pilates 60 / S	6:30am Body Pump 60 / S	7:00am STRONG 45 / S	6:30am Cycle 45 / C		
8:00am AQUA Shallow 45 / Pool	8:00am AQUA Deep 45 / Pool		7:45am AQUA Deep 45 / Pool	8:00am AQUA H.I.L.T 45 / Pool		
					8:25am Pilates 60 / S	
9:00am Yoga Vinyasa 60 / S	9:00am PrYme Life 60 / S	9:00am Pilates 60 / S	9:00am PrYme Strength 60 / S	9:00am PrYme Active 60 / S	9:30am Body Attack 60 / S	
	10:00am AQUA Shallow 45 / Pool		10:00am AQUA Shallow 45 / Pool	10:00am Pilates 60 / S	10:35am Yoga Hatha 60 / S	
12:15pm Steplit 45 / S	12:15pm Body Pump 45' 45 / S	12:15pm STRONG 45 / S	12:15pm Body Pump 45' 45 / S	12:15pm Cycle Warrior 45 / C		
	1:10pm Yoga Vinyasa 60 / S		1:10pm Yoga Vinyasa 60 / S			
4:30pm Zumba 45 / S					4:00pm Zumba 60 / S	
5:15pm Pilates 60 / S	5:15pm Zumba 60 / S	5:15pm Pilates 60 / S	5:15pm Yoga Vinyasa 60 / S	5:15pm Zumba 60 / S	5:00pm Yoga 60 / S	5:15pm Zumba 60 / S
6:00pm STRONG 45 / C	6:15pm "BoxFit" 60 / C		5:15pm "BoxFit" 60 / C	5:30pm BARRE 45 / C		6:30pm Body Pump 60 / S
6:15pm Body Pump 60 / S	6:15pm Steplit 60 / S	6:15pm Body Pump 60 / S	6:15pm Zumba 60 / S	6:15pm Body Pump 60 / S		
6:45pm Cycle 45' 45 / C		6:30pm Zumba 45' 45 / C				
7:20pm BARRE 45 / S	7:20pm Body Pump 60 / S	7:20pm Yoga Hatha 60 / S	7:20pm Pilates 60 / S	7:20pm Yoga Hatha 60 / S		

CALM

CARDIO LOW IMPACT

CARDIO HIGH IMPACT

STRENGTH

AGE SPECIFIC

* Inner gloves required

S
C
P

Sky Studio

Courtside Studio

Pool





SKIP



Caio Almeida

147 Seguidores • 202 Seguindo

Todas

Público

Álbuns

Grupos

