

Sexy Arms Workout For Women

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Pushups

When doing pushups, if you are a beginner, try to do as many regular pushups as you can. When you can do no more, switch positions and do the pushups for beginners. If you can't stay on your knees see wall pushups illustrated below.

Sets: 3

Reps: 10 in each set

Rest In Between Sets: 10 seconds

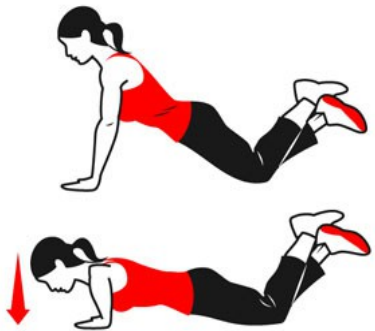


Pushups For Beginners

Sets: 3

Reps: 15 in each set

Rest In Between Sets: 10 seconds



Triceps (Diamond) Pushups

Sets: 3

Reps: 15 in each set

Rest In Between Sets: 10 seconds



Close-Grip Diamond Push-up

Triceps Dumbbell Extensions

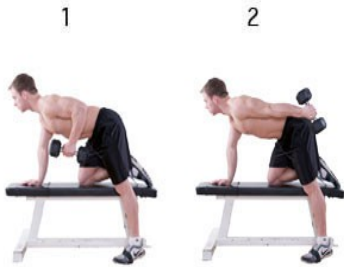
Sets: 3

Reps: 10 in each set

Rest In Between Sets: 10 seconds

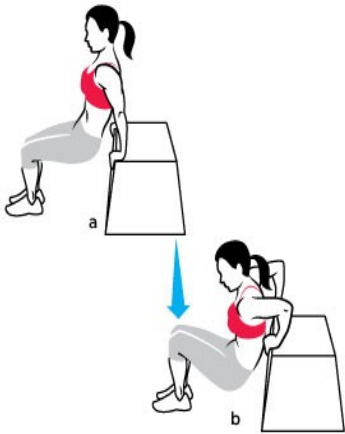


Triceps Kickbacks (with dumbbell)



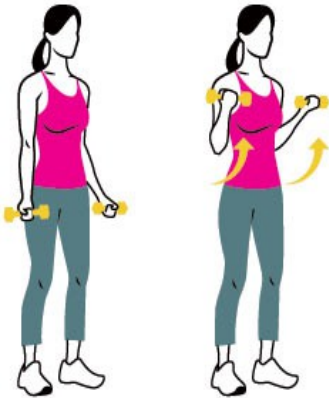
Sets: 3 (on each side)
Reps: 10 in each set
Rest In Between Sets: 10 seconds

Triceps Bench Dips



Sets: 3
Reps: 10 in each set
Rest In Between Sets: 10 seconds

Biceps Curls

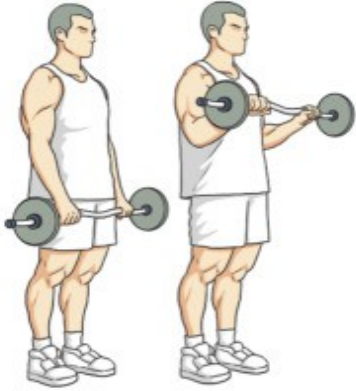


Sets: 3
Reps: 15 in each set
Rest In Between Sets: 10 seconds

Concentration Curls

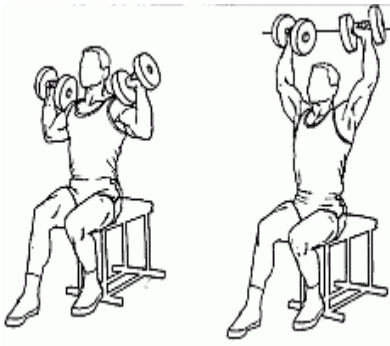


Sets: 3 (on each side)
Reps: 10 in each set
Rest In Between Sets: 10 seconds



Biceps Reverse Curl

Sets: 3
Reps: 10 in each set
Rest In Between Sets: 10 seconds



Shoulder Press

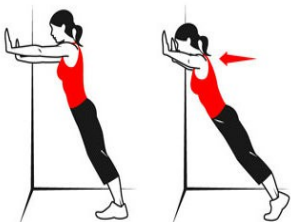
Sets: 3
Reps: 15 in each set
Rest In Between Sets: 10 seconds



Front Arm Raises

Sets: 3 (each arm)
Reps: 15 in each set
Rest In Between Sets: 10 seconds

Alternative Pushup Move For Beginners



(Knee Free)

Sets: 3
Reps: 15 in each set
Rest In Between Sets: 10 seconds

Wall Push Up