

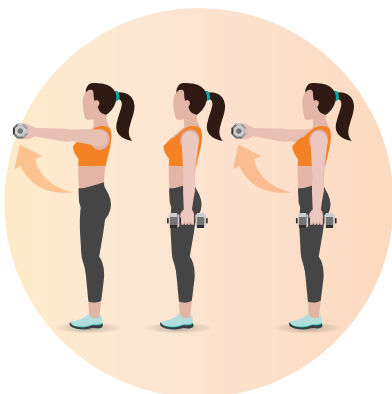
3 Easy Exercises for Toned Arms



Exercise your arms for tone, definition, and strength. Grab a set of dumbbells to get started.

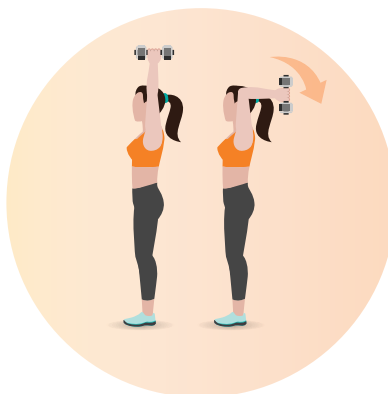
1 FRONT RAISES

- Stand upright with your knees slightly bent, shoulder-width apart; palms should face backwards
- Raise one dumbbell directly in front of you
- When one arm is parallel to the ground, slowly lower it and repeat with the other arm
- Repeat for 10-20 reps



2 OVERHEAD TRICEP EXTENSIONS

- Stand with feet shoulder-width apart
- Hold one dumbbell directly above your head, arm fully extended
- Hold your elbow with your free hand for support
- Slowly let your elbow fold so the dumbbell is lowered behind your head
- Repeat for 10-20 reps and then switch arms



3 BENT-OVER ROWS

- Bend at a 45-degree angle with knees slightly apart
- Hold two dumbbells and let your arms hang down
- Pull dumbbells up toward your chest
- Hold for a few seconds, then slowly lower dumbbells back down
- Repeat for 10-20 reps

