

# WORKOUT AT HOME

## WEEK 11 – WATER BOTTLE ARM WORKOUT



**This week's goal:** Do each exercise in sequence in this Water Bottle Arm Workout on any 2 non-consecutive days. Add a daily 20-30 minute brisk walk for cardio, and frequent stretch breaks throughout your work day. Check off your daily progress below: **W** = Workout **C** = Cardio **S** = Stretch

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<input type="checkbox"/> W <input type="checkbox"/> C <input type="checkbox"/> S	<input type="checkbox"/> W <input type="checkbox"/> C <input type="checkbox"/> S	<input type="checkbox"/> W <input type="checkbox"/> C <input type="checkbox"/> S	<input type="checkbox"/> W <input type="checkbox"/> C <input type="checkbox"/> S	<input type="checkbox"/> W <input type="checkbox"/> C <input type="checkbox"/> S	<input type="checkbox"/> W <input type="checkbox"/> C <input type="checkbox"/> S	Rest day

As with any exercise program, there is always the possibility of injury. Consult with your physician before beginning any exercise program. You should be in good physical condition and be able to participate in an exercise program. If you need modifications for any exercise, please consult your WELCOAZ Health Coach. By participating in this workout, you agree that you are exercising on your own time and do not hold WELCOAZ or your employer responsible.

### Warm Up – Complete 10 repetitions in each direction.

#### 1. Arm Circles



Stand with your feet shoulder-width apart. Raise and extend your arms to the sides without bending the elbows. Slowly rotate your arms forward, making small circles of about 1 foot in diameter.

#### 2. Cross Body Arm Swing



Stand up tall with your arms raised at shoulder level. Cross your arms in front of your chest and then open them back up. As your arms move out try to push out your chest for a big stretch. Alternate which arm is on top when the arms are crossed in front of the chest.

#### 3. Shoulder Roll



Stand with feet shoulder-width apart and arms down by your sides. Rotate shoulders in a forward direction making big circles with them. Keep your back straight and breathing normal. Repeat in the other direction, rolling the shoulders backward and down.

**Not feeling warmed up? Repeat another set of each exercise. Move onto the Main Workout.**

### Main Workout: Do each exercise for 30 seconds on left arm, then repeat for 30 seconds with the right arm.

#### 1. Single Arm Lateral Raise



Begin with a water bottle or dumbbell in one hand at your side. Raise your arm up to shoulder height and hold for 1 second, then return to your starting position. Don't lock out your arm, you can have a slight bend at the elbow. Make sure you are not arching your back or swinging the body.

#### 2. Single Arm Biceps Curl



Begin with a water bottle or dumbbell in one hand with your palm facing forward. Bend your arm at the elbow and curl the weight up toward your shoulder. Once you reach the top, slowly lower the weight back to your starting position.

#### 3. Single Arm Triceps Kickback



Begin by staggering your feet and leaning forward slightly. Bend your right arm at the elbow and tuck it in close to your body with a water bottle or dumbbell in hand. While keeping your arm steady from the elbow up, kick the weight back behind you by extending from the elbow. Slowly lower the weight by bending the elbow to return to starting position.

#### 4. Single Arm Shoulder Press



Begin by standing tall. Hold a water bottle or dumbbell in your left hand, bend the elbow and keep the water bottle or weight around ear level. While keeping your core tight, press the weight straight up overhead until your arm is straight. Slowly lower the weight to head level to return to your starting position.

#### 5. Hammer Biceps Curl



Begin standing with a water bottle or dumbbell in your hand at your side. With your palm facing in, curl the weight up to your shoulder by bending the elbow. Make sure the elbow stays tucked in close to the ribs. Slowly lower the weight to return to starting position.

#### 6. Standing Triceps Extension



Start by standing with a water bottle or weight held over your head in one hand. While keeping your core tight, bend your raised arm at the elbow to lower the weight behind your head. From here extend the elbow to press the weight back to its starting position. Make sure to keep your elbow tucked in close to you throughout the movement.

**Not feeling worked out? Repeat these exercises as a circuit 2-3 more times. Move on to the Cool Down & Stretch.**

### Cool Down & Stretch – Hold for 30 seconds or 30 seconds each side if applicable.

#### 1. Shoulder Stretch



Standing with your feet shoulder-width apart, bring your right arm across your body while bringing your left arm up to hold it just below your elbow. Hold this stretch, then switch arms and repeat.

#### 2. Triceps Stretch



With your left hand, gently pull your right elbow behind your head until you feel the stretch in your right shoulder and the back of your upper right arm. Hold the stretch for 10 seconds, then switch arms and repeat.

#### 3. Chest and Biceps Stretch



Standing with your feet shoulder-width apart, reach your arms behind you and interlace your fingers together. Pull your shoulders back and look up toward the ceiling. Take long deep breaths in and out.

Go to this link to follow along with the workout video: [WATER BOTTLE ARM WORKOUT](#)

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