

# The Ultimate ARM & SHOULDER

## Workout Plan

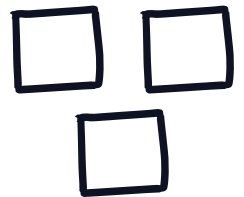


**Equipment needed: light weights and a mat.**

### Shoulder Press

Engages your entire shoulder. Use dumbbells to effectively target your shoulder muscles.

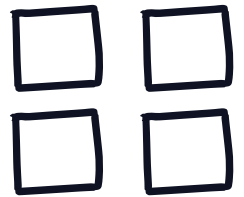
3 Sets of  
10 Reps



### Hammer, Hammer, Curl

Strengthens your biceps and forearms. Perform this with dumbbells, alternating each hand.

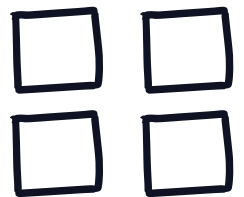
4 Sets of  
5 Reps



### Arnold Press

Focuses on your shoulder and upper back. Use dumbbells for this rotational movement.

4 Sets of  
8 Reps



### Shoulder Series

Activates various parts of your shoulders. Include different variations for a complete workout.

3 Rounds

