

15 Minute Arm Shaper Workout

Instructions:

Complete the Warm-up & Dynamic Stretches before beginning the workout in order to raise your heart rate, prepare your muscles and joints for the exercises to follow and prevent injury.

This routine is broken into two 7-minute circuits (one per page) with 4 exercises in each. Your goal is to perform first 4 exercises at least 3 times in 7 minutes. Then take a 30-60 seconds break and do the 4 exercises on the second page (try to do them also at least 3 times in 7 minutes).

If you are a beginner you might only fit 2 rounds of 4 exercises in each 7 minute circuit. And that is ok, eventually you will be able to fit 3 or even 4 sets, because you will improve each time.

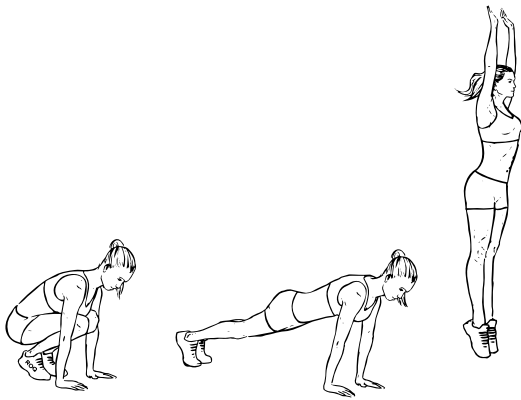
For a longer workout do a few more rounds.

Exercises in this workout:

- Burpees / Squat Thrust
- Push-up
- Chair Tricep Dips
- Plank
- Dumbbell Squat Clean & Press
- Mountain Climbers / Alternating Knee-ins
- Plank to Push-Up / Plank Push-ups / Walking Plank

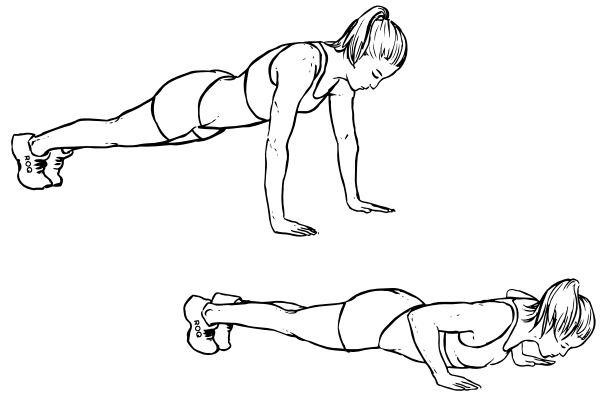
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Burpees / Squat Thrust



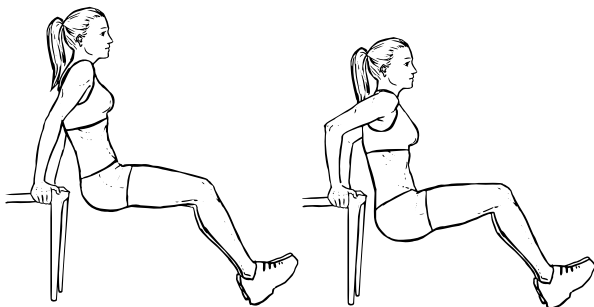
10 reps

Push-up



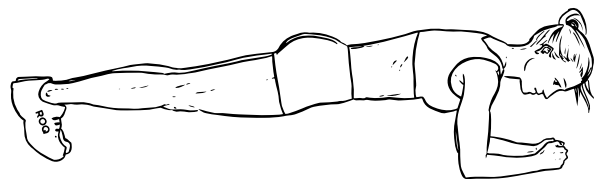
15 reps

Chair Tricep Dips



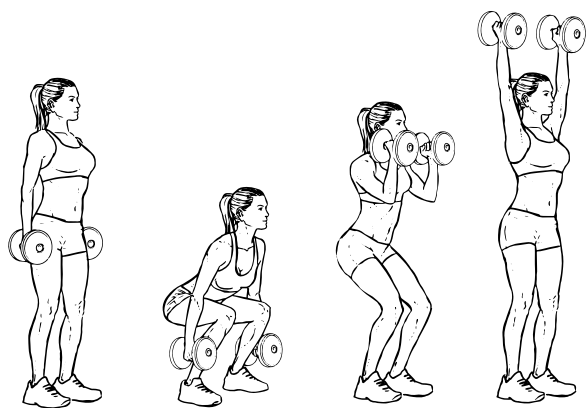
20 reps

Plank



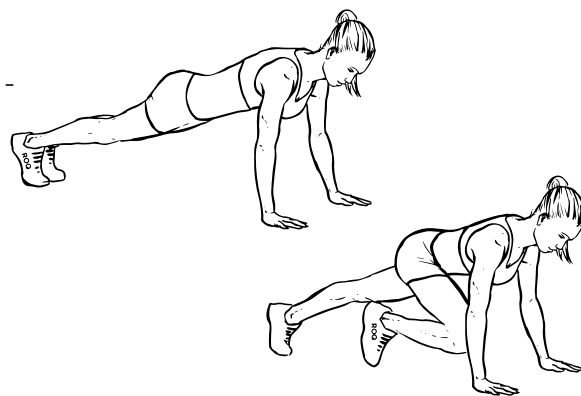
30 seconds

Dumbbell Squat Clean & Press



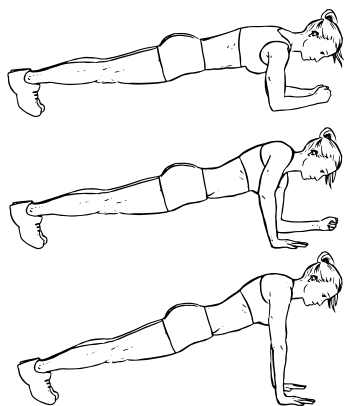
12 reps

Mountain Climbers / Alternating Knee-ins



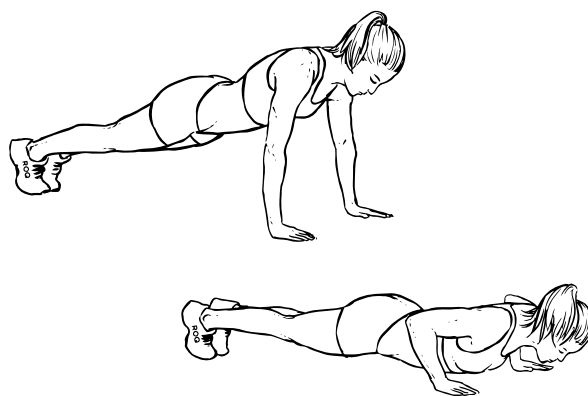
50 reps

Plank to Push-Up / Plank Push-ups



24 reps

Push-up



12 reps