

Simply Anywhere Arm Workout



Perform 10 (intermediate) or 15 (advanced) repetitions of each exercise for 3-5 rounds
 30sec break in between sets
 Rest for 1 minute in between rounds

Exercises	Technique / Tips	Muscle Group Worked	Progression / Regression
Chair / Stair Dip	<p>Place your hand either side of your body palms on the base of a stair or chair</p> <p>Drop your weight downwards keeping your elbow tight to your body, keeping your chest high and back straight</p> <p>Push your weight back up until you've returned to start.</p>	Tricep (back of arm)	<p>Progression – Incline/ Decline position with feet onto a stair or sofa</p> <p>Regression – Drop onto Knees or straight legs.</p>
Downward Dog Push Up	<p>Start in a plank position with hands and feet shoulder width apart and weight over shoulders</p> <p>Raise your hips with your body in a V shape</p> <p>Slowly lower your weight through your elbows pressing downwards until your chest is a fist away from the floor, return to V position.</p>	Arms, Chest + Core	<p>Progression – Slow the motion down during the lower phase</p> <p>Regression – Start from your elbows instead of using full hands</p>
Plank Climbers	<p>Start in a plank position with straight arms, legs and back</p> <p>Drop onto your elbows, one arm at a time until you're in a elbow position plank</p> <p>Keep your hips as still as possible, return to straight arm plank</p>	Tricep, Shoulders + Core	<p>Progression – Add a straight arm reach out in between each rep</p> <p>Regression – Perform exercise but on knees instead of straight leg</p>
Bicep Curl	<p>Hold a towel or form of weight e.g. tins of food with palms facing up towards your face</p> <p>Start with arms long and elbows tight to your side</p> <p>Lift your hand to your chest hold for 2 seconds then lower to starting position</p>	Biceps (Front of arms)	<p>Progression – Increase weight if possible, or slow the movement down</p> <p>Regression – Complete as Bodyweight</p>
Close Hand Push Ups	<p>Place your hands close together inside of your chest and lift your hips on the floor (either from your feet or your knees)</p> <p>Drop your chest toward the floor placing your bodyweight through your elbows (leaving 1 fist space from the floor)</p> <p>Push your bodyweight back up to the original starting point</p>	Tricep + Chest	<p>Progression – Press up onto an object like a stair</p> <p>Regression – Drop using knees or straight legs</p>
Hammer Curl	<p>Hold a towel or form of weight e.g. tins of food with hands in a fist, thumbs facing up</p> <p>Start with arms long and elbows tight to your side</p> <p>Lift your hand to your chest hold for 2 seconds then lower to starting position</p>	Biceps	<p>Progression – Increase weight if possible, or slow the movement down</p> <p>Regression – Complete as Bodyweight</p>

*Make sure you perform a thorough warm up & cool down pre and post every workout you complete!
 Ensure you are positioned in a safe environment with enough room to complete the exercises.