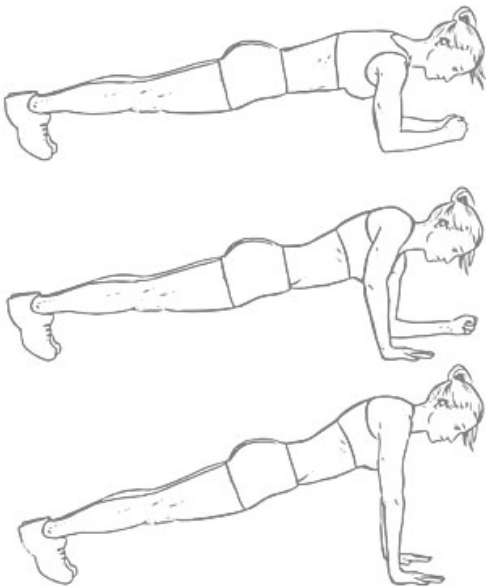


10 Minute Arm Workout

Here's a 10 minute workout for amazing arms. Do 10 reps of each exercise and 3 circuits of the workout.

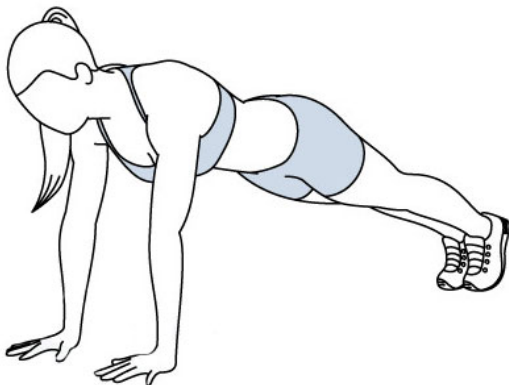
1. 10 x Plank Ups

- Start in a push-up position with the hands under the shoulders and the legs stretched out directly behind.
- Squeeze the thigh and glute muscles to keep body and legs in a straight line, and lower down to the elbows one at a time.
- Press the hands into the floor one at a time to return to the push-up position.



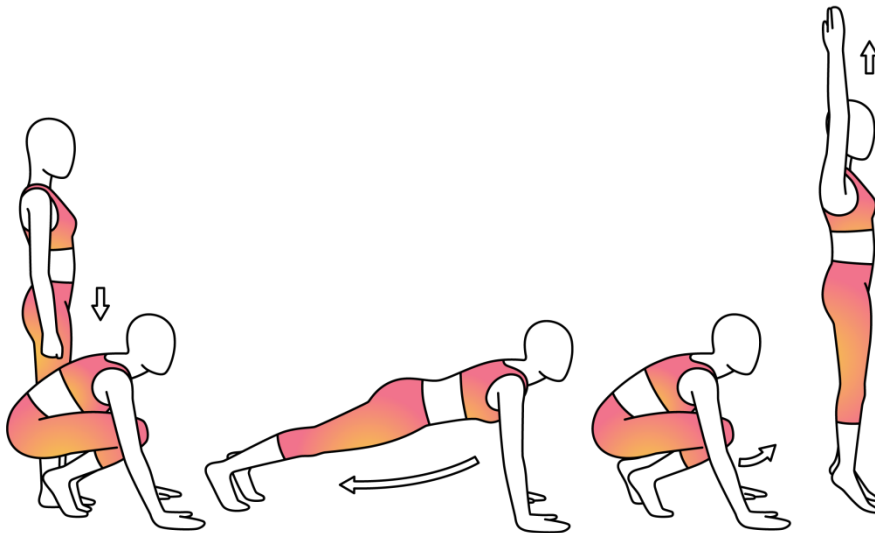
2. Lateral Plank Walks

- Start in a high plank with shoulders above your wrists and abs tight.
- Step right foot and right hand to right side, immediately following with left foot and left hand.
- Take a few "steps" in one direction, then walk in the opposite direction.



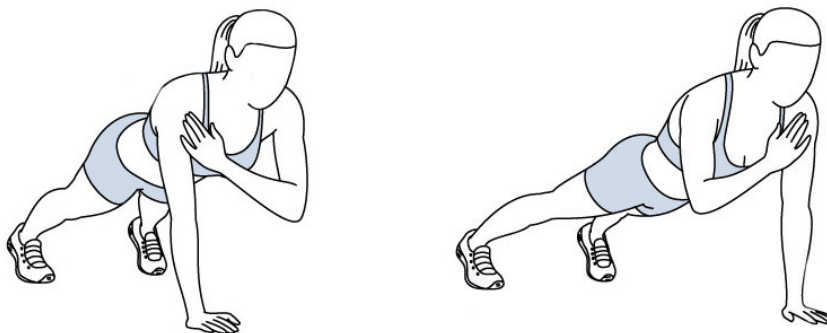
3. Burpees with Push Ups

- Stand with your feet shoulder-width apart
- Squat as deeply as you can and place your hands on the floor. Kick back into a push-up position
- Do one push-up
- Bring your legs back to a squat and jump up, throwing your hands above your head
- Land and repeat



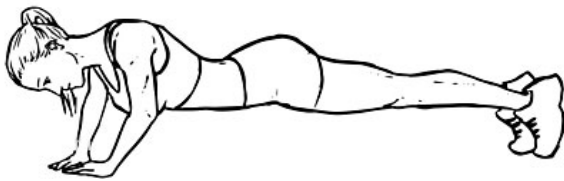
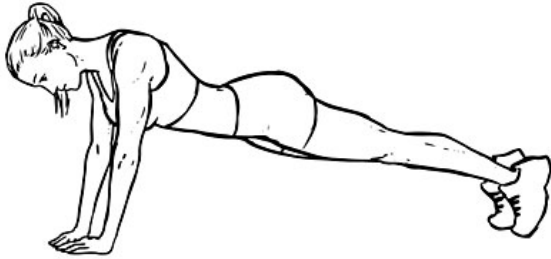
4. Planks With Should Taps

- Start in a high plank with your feet hip-width apart.
- Tap each hand to the opposite shoulder while engaging your core and glutes to keep the hips as still as possible.



5. Diamond Push Ups

- Start in a high plank. Walk your hands together so that your thumbs and forefingers form a triangle.
- Bend elbows to lower your torso toward the floor to do a complete push-up.
- If this is too challenging, lower your knees to the floor.



6. Mountain Climber Twists

- Start with your body in the plank
- Bring one knee up towards the chest
- Then do the same with the other leg
- Quickly alternate legs until you are done

