

# RunningDivaMom

## No More Arm Jiggle Workout

*2-3# & 5# bells*

*Focus: under arms, shoulders*

Lateral over/under moons – no equipment (15)

Alternating lateral upward push/downward push – no equipment (15)

Single/single/double bicep curls 5# (10)

Single/single/double arm curls 2-3# (10)

Shoulder shrugs 2-3# (15)

Lateral upward bicep pulses – knuckles facing your side 2-3# (5, rest, repeat 5x)

Overhead pull aparts 5# (with knuckles facing each other over your head) (15)

Seated arnold press 5# (15)

Glute bridge hold with reverse fly 5# (15)

Laying overhead tricep extension – R 5# (15)

Laying overhead tricep extension – L 5# (15)

Shoulder blade squeeze glute bridges 5# (15)

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**Complete series 2-3X**