

# RunningDivaMom

## Seated Bells Workout

*two 3# bells*

*Focus: arms/shoulders & core*

Overhead punches – no bells (30 sec)

Forward punches – no bells (30 sec)

Alternating overhead punches / forward punches – no bells (30 sec)

### ***Roll out shoulders***

Seated crunches – legs extended (15)

Reverse fly – bells starting under thighs 3# (15)

Single/single/double bicep curls 3# (15)

Single/single/double bent over upward row 3# (15)

### ***Roll out shoulders***

Forward push – one bell sideways (15)

Upward push with lateral bends – one bell sideways (8)

### ***Roll out shoulders***

Lateral overhead push up/down – R 3# (15)

Lateral overhead push up/down – L 3# (15)

Lateral wrist rotations – R 3# (15)

Lateral wrist rotations – L 3# (15)

### ***Roll out shoulders***

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**Complete series 2-3x**