

EXERCISE OF THE MONTH

ARMS & ABS

Equipment Needed: BOSU ball, resistance bands, dumbbells

How: Perform each exercise for 1 minute, and complete 3 sets of each exercise before moving on to the next round.

ROUND 1

A. Triceps Kickback



Kneel on the center of the BOSU with your feet off the floor. With the dumbbell in your left hand, draw your elbow up alongside your torso. Keep it close to your body and extend your lower arm straight back. Pause for a second and then slowly bring it back to the starting position.

B. Straight Spine with Scissor Arms



Sit next to the base of the BOSU with the dome side facing up. With a straight, neutral spine, lean back just enough so that you can barely feel the BOSU behind you. Maintain this lengthened position and prevent your ribcage from flaring out. Take your right arm overhead and your left arm to the floor; switch arms for 1 minute.

ROUND 2

A. Biceps Curls w/ Resistance



Stand on the middle of a resistance band and hold the ends in each hand. Make a circular pattern with your lower arms. Perform the circle in an outward direction first, for 30 seconds, and then reverse the circle for the next 30 seconds.

B. Crunch w/ Arm Sweep



Wrap a resistance band around a post & sit on the floor facing away from the post. Lie on your back and hold the ends of the bands in each hand, with your hands aligned over your shoulders. Lift your head & shoulders; pull the band down toward the floor as you crunch. Repeat this movement for 1 minute.