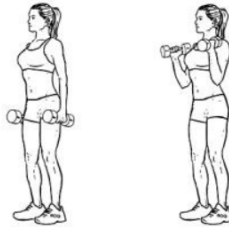


# Brian's Ten-Minute Workout Series

## ARMS

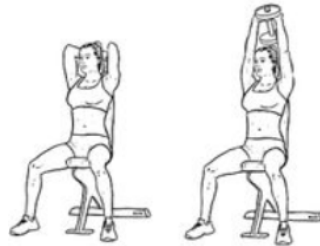
**Equipment Needed: Light to Medium Dumb Bells**

**Exercise: Bicep Curls**



Grab a set of light weights and do 60 bicep curls. Rest 20 seconds. Go up to heavier weights if you can and then do 40 reps. Rest 20 seconds. Go up to heavier weights if you can and do 20 reps. Rest 20 seconds. Go up in weights for one final set of 10 reps.

**Exercise: Tricep Presses**



Grab one light dumb bell and do 60 overhead tricep presses. Rest 20 seconds. Go up to a heavier dumb bell if you can and do 40 reps. Rest 20 seconds. Go up to a heavier dumb bell if you can and do 20 reps. Rest 20 seconds. Go up to a heavier dumb bell for one final set of 10 reps.

