

Get Slim Arms and Toned Back and Shoulders in Days at Home Complete Fast and Easy Workout Guide

Are you tired of having flabby arms and a weak back? Do you want to tone your upper body and get in shape fast? If so, then this is the perfect workout guide for you!

This guide will teach you how to get slim arms and a toned back and shoulders in just a few days. The workouts are fast and easy to do, and they can be done right at home. So what are you waiting for? Get started today and see the amazing results for yourself!

The workouts in this guide are designed to target the muscles in your arms, back, and shoulders. Each workout is only 10 minutes long, so you can easily fit them into your busy schedule.



Get Slim Arms and Toned Back and Shoulders in 7 Days At Home- Complete, Fast and Easy Upper Body Workout 4 Mins a day (No Equipment needed) by Vasant Lad

★★★★☆ 4.9 out of 5

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Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
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The workouts are divided into three sections:

- Arm workouts
- Back workouts
- Shoulder workouts

Each section contains three exercises. Perform each exercise for 30 seconds, and then rest for 30 seconds. Repeat each exercise for three sets.

1. **Triceps dips.** Sit on the edge of a chair with your hands on the edge of the seat. Lower your body down until your elbows are at a 90-degree angle. Push back up to the starting position.
 2. **Bicep curls.** Stand with your feet shoulder-width apart and hold a dumbbell in each hand. Curl the dumbbells up to your shoulders, keeping your elbows close to your body. Lower the dumbbells back to the starting position.
 3. **Overhead triceps extensions.** Stand with your feet shoulder-width apart and hold a dumbbell in each hand. Raise the dumbbells overhead, keeping your elbows close to your head. Lower the dumbbells behind your head, keeping your elbows close to your body.
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1. **Superman.** Lie on your stomach with your arms and legs extended. Lift your arms and legs off the ground, keeping your back straight. Hold for a few seconds, and then lower back to the starting position.

2. **Rows.** Stand with your feet shoulder-width apart and hold a dumbbell in each hand. Bend your knees slightly and hinge forward at the hips. Row the dumbbells up to your chest, keeping your elbows close to your body. Lower the dumbbells back to the starting position.
 3. **Lat pull-downs.** Sit at a lat pull-down machine with your feet shoulder-width apart. Grasp the bar with an overhand grip and pull the bar down to your chest. Hold for a few seconds, and then slowly raise the bar back to the starting position.
1. **Shoulder presses.** Stand with your feet shoulder-width apart and hold a dumbbell in each hand. Raise the dumbbells overhead, keeping your elbows close to your head. Lower the dumbbells back to your shoulders, keeping your elbows close to your body.
 2. **Lateral raises.** Stand with your feet shoulder-width apart and hold a dumbbell in each hand. Raise the dumbbells out to the sides, keeping your elbows close to your body. Lower the dumbbells back to the starting position.
 3. **Front raises.** Stand with your feet shoulder-width apart and hold a dumbbell in each hand. Raise the dumbbells in front of you, keeping your elbows close to your body. Lower the dumbbells back to the starting position.
- Be consistent with your workouts. Try to work out at least three times per week.
 - Warm up before each workout. This will help to prevent injuries and improve your performance.

- Cool down after each workout. This will help to reduce muscle soreness and improve your recovery.
- Listen to your body. If you feel pain, stop exercising and consult with a medical professional.
- Stay hydrated. Drink plenty of water before, during, and after your workouts.
- Eat a healthy diet. Eating a healthy diet will help you to build muscle and lose weight.

If you follow the workouts in this guide, you will be able to get slim arms and a toned back and shoulders in just a few days. The workouts are fast and easy to do, and they can be done right at home. So what are you waiting for? Get started today and see the amazing results for yourself!



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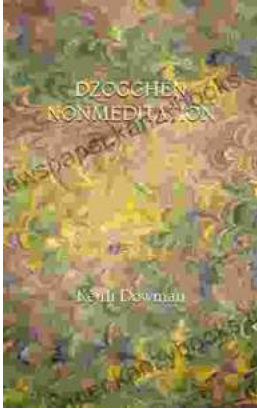
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