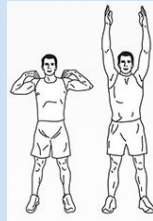
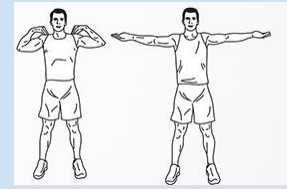


10 Step Arm Workout

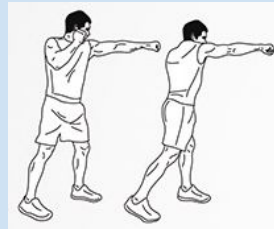
10 Shoulder Taps



10 Side Shoulder Taps



10 Punches (each arm)



10 Arm circles (each way)



10 Overhead Punches (each arm)



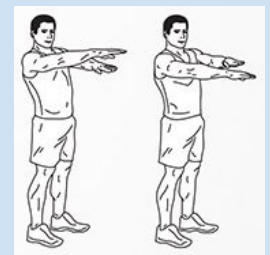
10 Bicep Extensions (each arm)



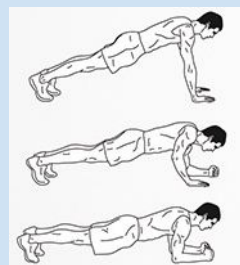
10 Chest Expansions



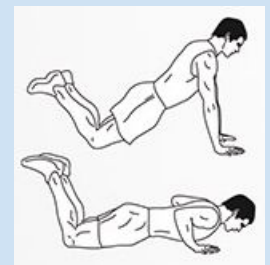
20 Arm Scissors



10 Up down planks



5 Pushups (From knees or toes)



Use whatever you have on hand for weights, cans of soup, water bottles or nothing. The choice is yours.



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