



Chay Jones

Here Is Your Workout

Much has been said about our first lady's sculpted arms. Now you can get the same lean, toned look with these workouts that focus on the biceps, triceps and forearms.

Equipment: Dumbbells, Bodyweight

Bent Over Row

Back



1 - Bend forward at your waist with your knees slightly bent and your back flat while holding dumbbells with your arms straight and palms facing in.

2 - Lift the dumbbells up to the sides of your chest.

- Lower the dumbbells back to a straight arm position, keeping your back flat throughout.

Equipment Sub: Barbell, Plates

#	REPS	WEIGHT	TIME	NOTES
1	10	10.0	0.0	
2	10	15.0	0.0	
3	10	15.0	0.0	

Extension Balance

Triceps



1 - Stand upright holding one dumbbell in both hands behind your head with your elbows bent.

2 - Raise the dumbbell up overhead, extending your arms fully and lift one foot up and out to side, slightly off the floor.

3 - Lower the dumbbell and your foot back down to return to the start position.

- Complete all reps on one side before switching to the other side.

Equipment Sub: Plate

#	REPS	WEIGHT	TIME	NOTES
1	10	10.0	0.0	
2	10	12.0	0.0	
3	10	15.0	0.0	

Twisting Curl

Biceps



1 - Stand upright holding the dumbbells by your sides with your arms straight and your palms facing inward.

2 - Raise the dumbbells up to your shoulders, turning at the wrists, finishing with your palms facing back.

- Keep your elbows close to your sides throughout and do not swing your arms or upper body.

Equipment Sub: Kettlebells

#	REPS	WEIGHT	TIME	NOTES
1	10	7.0	0.0	
2	10	10.0	0.0	
3	10	12.0	0.0	

Squat to Upright Row

Combo



1 - Start in a low squat with your feet wide holding dumbbells with your hands close together between your feet.

2 - Stand upright, raising the dumbbells up to just below your chin, keeping your elbows above your hands.

- Lower your body back down into a squat and the dumbbells back towards the floor.

Equipment Sub: Barbell, Plate

#	REPS	WEIGHT	TIME	NOTES
1	10	7.5	0.0	
2	10	7.5	0.0	
3	10	7.5	0.0	

Boat Overhead Press

Shoulders



1 - Sit with your knees slightly bent and your feet off the floor, holding dumbbells at shoulder height with your elbows bent.

2 - Maintain your balance and press the dumbbells overhead, extending your arms fully.

- Keep your feet raised throughout.

#	REPS	WEIGHT	TIME	NOTES
1	10	7.5	0.0	
2	10	7.5	0.0	
3	10	7.5	0.0	



Wide Bent Over Row

Back



1 - Holding a dumbbell in one hand with your arm straight and your palm facing back, place the opposite knee and hand on a bench, keeping your back flat.

2 - Lift the dumbbell up to the side of your chest, bending at your elbow.

- Lower the dumbbell back to a straight arm position, keeping your back flat and palm facing back throughout.

- Complete all reps on one side before switching to the other side.

Equipment Sub: Kettlebell

#	REPS	WEIGHT	TIME	NOTES
1	10	12.0	0.0	
2	10	12.0	0.0	
3	10	12.0	0.0	

Glute Bridge March

Legs



1 - Lie on your back with your knees bent and feet flat, placing your hands at your sides.

2 - Raise your hips off the floor, trying to make a straight line from your hips to your shoulders.

3 - Raise one leg up, bending at the hip with your knee at a 90 degree angle.

- Lower the leg and your body back to the floor and repeat raising the other leg.

- Perform one rep on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	10		0.0	
2	10		0.0	
3	10		0.0	