

ARMS

Nature's Way

SlimRight
1 2 3
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Program

Do these five fast and simple arm exercises and celebrate by going sleeveless! All you need is a pair of 1 - 5kg dumbbells. If you don't have dumbbells at home, you can use canned soup, 2 bottles of water, 2 bags of flour or anything with some weight for these exercises. You could even do it during the ad breaks on your favourite TV shows, but for best results, do it all at once within 10 minutes.

1. Double-Bell Row



- A. Stand with feet hip-width apart, holding two dumbbells in left hand.
- B. Step back with right leg, bending knees slightly, and lean forward from hips, keeping your back flat and tummy tight. Place right hand on right hip and extend left arm below shoulder.
- C. Bend elbow to bring weights to ribs, and return left arm below shoulder.

Do 12 rows and repeat for the right arm.

For beginners, hold one dumbbell instead of two.

2. On the Fly



- A. Holding a dumbbell in each hand, stand with feet hip-width apart.
- B. With your back flat, lean forward from hips and hold the dumbbells below your shoulders.
- C. Lift arms directly out to sides and return to start.

Do 12 reps then switch legs and repeat.

For beginners, lift arms out halfway to your sides.

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3. Floating Curl



- A. Stand with feet hip-width apart, knees slightly bent, holding a dumbbell in each hand, arms in front of thighs, palms forward.
- B. Lift arms straight up to chest level in front of you.
- C. Without moving elbows, curl right hand to right shoulder; extend. Repeat with left arm.

Do 20 curls, alternating sides.

For beginners, do 12 curls, alternating sides.

4. Dips



- A. Start with hands on a chair or bench behind you and legs stretched out in front.
- B. Take your body weight in your hands, bend your elbows and lower your bum to the floor. Keep chest puffed out and then push yourself back up the beginning with straight arms.

Do 12-15 reps.

For beginners, bend your knees and bring it closer to the chair so you support some of your weight with your legs.

Complete the whole circuit 3 times, resting for 30 seconds before starting each circuit.