



5 Beginner Arm/Shoulder Workouts

Perform each stretch for 20-30 seconds

- Straight-Arm Stretch
- Tricep Stretch
- Wrist Extension Stretch
- Standing Bicep Stretch

WORKOUT

- Front Raise 3x10-12
- Lateral Raise 3x10-12
- Bicep Curl 3x10-12
- Bicep Curl ISO Hold 3x10-12
- Hammer Curl 3x10-12

Target Muscles: Bicep, Brachialis, Brachioradialis, Shoulder, and Deltoid

Exercise Disclaimer: The workouts, movements, and progressions provided by Trim Temple are for educational purposes only. To reduce the risk of injury, before beginning this or any exercise program, please consult a healthcare provider for appropriate exercise prescription and safety precautions. We disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.