**Arm Workout:**

***Standing Curl (15-12-8-8-12-15)***



***Tricep Extension (15-12-8-8)*** …Can sit while doing it.



***Wide Bar Curl (5 sets of 5 reps….no break)***



***Hammer Curl (15-12-8-8-12-15)*** ---Student sits and puts elbow on inside of leg---lift weight bending at elbow.

***Tricep Kickback (15-12-8-8-12-15)*** – hold onto chair. Put elbow up. Push the weight back with keeping the elbow up and keeping it still.

**BACK WORKOUT**

***Reverse grip row (15-12-8-8-12-15)***



***One Arm Row (5 sets of 5, no break)***



Deadlift (15-12-8-8) - student will bend down and come up and squeeze shoulders



Reverse Fly (15-12)

