

### **Basic Arm Weights**

90 Degrees

-Front

-Side

Standing Curls

# Intermediate Arm Weights

### Add to Basic list:

Boxing

Side Stretch

Bug

Zip Up

Shaving

# **Advanced Arm Weights**

#### Add to Basic & Intermediate list:

Low Curls

**Chest Expansion** 

Small Circles/Sparklers

Lunges