

Workout For Biceps and Inner Thigh



Try the **Interval Timer App** for a fun workout!

Set timer for 30 seconds exercise/ 10 seconds rest

Standing on right leg, holding weights palms up- bicep curls

Rest

Tricep push ups

Rest

Standing on left leg, holding weights palms up- bicep curls

Rest

Diamond push ups

30 seconds work/ 10 seconds rest

Sumo squat (knees wide) holding weight at chin x 3 rounds (option to hold weights on quads)

Hold low, wide squat 1 round

Cardio

Perform 20 seconds work, 10 seconds rest all 6, Then take one away each round:

1. Mountain Climbers
 2. Squat Side Leg lift
 3. Pendulum plank
 4. Reverse lunge jumps tapping knee on mat
 5. Squat Thrust
 6. Run high knees
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Abs

1 minute each x 3 rounds

V-ups (keep lower back on mat)

Knees wide, toes together double crunches pulling knees to tap elbows then tapping toes down

Low plank tap alternating toes out wide (option to swing legs wide without tapping toes)

Kneeling 30 second, 10 seconds break

Hammer curls piston style

Rotator exercise -palms up, elbows close to side, holding forearms parallel to ground cross arms in front (relax shoulders down)

Regular curls piston style

If time: On back with legs extended up. Flex feet pull straight legs in/out focusing on inner thigh x 3 rounds