

# Michelle Obama Arms Workout

Michelle Obama has great arms, and so can you with our Michelle Obama arms workout routine. Make sure you warm up for 5-10 minutes before beginning this workout and that you stretch each muscle group properly as directed. This workout will sculpt lean and beautiful arms. Maintain your pace throughout the entire workout with about 30 seconds rest in between sets.

## 1. BARBELL CURL

**Reps:** 3 sets of 20 (light weight)

Stand in good body alignment (abs tight, chest up, back straight) with feet in comfortable position. Keeping arms at side, grip bar (palms forward) with hands slightly wider than shoulder width. In a controlled motion, keeping upper arm perpendicular to the floor, curl bar up. Contract biceps fully, without compromising form. While maintaining the controlled motion, return bar to starting position. Do not allow muscles to relax before next repetition.



## 2. DUMBBELL CURL ALTERNATING

**Reps:** 3 sets of 20 (light weight)

Primary Muscle Group: Biceps

Muscle Groups Worked in This Exercise: Biceps

Preparation: Keep your back straight and head up. Start with the dumbbells at arm's length and your palms facing in.

Breathing: Breath out on the contraction of the muscle and breath back in on the way back to the start position.

Execution: Curl the weight up with one arm alternating between arms as you twist your wrists once they pass your thighs. Squeeze your biceps at the top, then slowly lower the weight. Do not swing the weights or use your body weight to force the weight upwards.

Comments: This is an isolation single joint exercise focused on the bicep muscle only.



### 3. TRICEP PUSHDOWN (V BAR)

**Reps:** 3 sets of 20

Stand, facing cable, in good body alignment (abs tight, chest up, back straight) with feet in comfortable position. Grip bar and position upper arms perpendicular to the floor with elbows bent at 90 degrees. Keeping back straight, slightly bend forward. In a controlled motion, keeping upper arm perpendicular to the floor, push bar down, until arms are approximately straight. Contract triceps fully, without compromising form. While maintaining the controlled motion, return bar to starting position. Do not allow muscles to relax before next repetition.



#### 4. DUMBBELL KICKBACK

**Reps:** 3 sets of 20

Bend forward in good body alignment (abs tight, chest up, back straight) with feet in comfortable position. Holding dumbbell (palm in), position upper arm parallel to the floor. Keep opposite arm stationary. In a controlled motion, keeping upper arm parallel to the floor, extend dumbbell back until arm is approximately straight. Contract triceps fully, without compromising form. While maintaining the controlled motion, return dumbbell to starting position. Do not allow muscles to relax before next repetition.



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