

20-MINUTE

Flat-Belly + Toned-Arms Workout

Directions

Warm up with 3 minutes of light cardio, then perform each 3-exercise circuit twice using dumbbells between 5 and 10 pounds. Cool down with 3 minutes of stretching.

1. March With Figure 8

20 reps, alternating sides



2. Rainbow Press

20 reps



3. Overhead Reach With Leg Lower

20 each side



4. Plank and Row

16 reps, alternating sides



5. Isometric Bicep Curl With Twist

40 reps, alternating sides



6. Single-Leg Hammer Curl

10 reps, each leg



7. V-Sit With Single-Arm Chest Fly

20 reps, alternating sides



8. Triceps Kickback

20 reps



9. Lateral Side Bend

20 reps, alternating sides

