

Tank Top Toned Arms

If you have access to hand weights start with a light weight and work your way to a moderate weight. For toned arms you want to stick with high reps and low to moderate weight.

Bicep Curls- 3 x 15-20 reps

Hammer Curls – 3 x 15-20 reps

Tri-cep kick-backs – 3 x 15-20 reps

Deltoid raises (front/side/back) – 3 x 15 reps

Tri-cep Kick Back



Bicep Curl



If you do not have access to hand weights try using soup or chilly cans, maybe even a heavy book. Here are some exercises that do not require hand weights.

Push-ups- as many as you can

Tri-cep push-ups – as many as you can

Chair dips – 3 x 15-20 reps



Weekly Activity Log

Monday	Tuesday	Wednesday	Thursday	Friday
Aerobic:	Aerobic:	Aerobic:	Aerobic:	Aerobic:
<input type="checkbox"/> Jump rope	<input type="checkbox"/> Jump rope	<input type="checkbox"/> Jump rope	<input type="checkbox"/> Jump rope	<input type="checkbox"/> Jump rope
<input type="checkbox"/> Ball Sports	<input type="checkbox"/> Ball Sports	<input type="checkbox"/> Ball Sports	<input type="checkbox"/> Ball Sports	<input type="checkbox"/> Ball Sports
<input type="checkbox"/> Fast walk	<input type="checkbox"/> Fast walk	<input type="checkbox"/> Fast walk	<input type="checkbox"/> Fast walk	<input type="checkbox"/> Fast walk
<input type="checkbox"/> Jumping jacks	<input type="checkbox"/> Jumping jacks	<input type="checkbox"/> Jumping jacks	<input type="checkbox"/> Jumping jacks	<input type="checkbox"/> Jumping jacks
<input type="checkbox"/> DDR	<input type="checkbox"/> DDR	<input type="checkbox"/> DDR	<input type="checkbox"/> DDR	<input type="checkbox"/> DDR
<input type="checkbox"/> Swimming	<input type="checkbox"/> Swimming	<input type="checkbox"/> Swimming	<input type="checkbox"/> Swimming	<input type="checkbox"/> Swimming
<input type="checkbox"/> Bike	<input type="checkbox"/> Bike	<input type="checkbox"/> Bike	<input type="checkbox"/> Bike	<input type="checkbox"/> Bike
<input type="checkbox"/> Play outside	<input type="checkbox"/> Play outside	<input type="checkbox"/> Play outside	<input type="checkbox"/> Play outside	<input type="checkbox"/> Play outside
<input type="checkbox"/> Exercise Video	<input type="checkbox"/> Exercise Video	<input type="checkbox"/> Exercise Video	<input type="checkbox"/> Exercise Video	<input type="checkbox"/> Exercise Video
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
Strength:	Strength:	Strength:	Strength:	Strength:
<input type="checkbox"/> Push-ups	<input type="checkbox"/> Push-ups	<input type="checkbox"/> Push-ups	<input type="checkbox"/> Push-ups	<input type="checkbox"/> Push-ups
<input type="checkbox"/> Crunches	<input type="checkbox"/> Crunches	<input type="checkbox"/> Crunches	<input type="checkbox"/> Crunches	<input type="checkbox"/> Crunches
<input type="checkbox"/> squats/ stairs	<input type="checkbox"/> squats/ stairs	<input type="checkbox"/> squats/ stairs	<input type="checkbox"/> squats/ stairs	<input type="checkbox"/> squats/ stairs
<input type="checkbox"/> Weights	<input type="checkbox"/> Weights	<input type="checkbox"/> Weights	<input type="checkbox"/> Weights	<input type="checkbox"/> Weights
<input type="checkbox"/> Stability	<input type="checkbox"/> Stability	<input type="checkbox"/> Stability	<input type="checkbox"/> Stability	<input type="checkbox"/> Stability
<input type="checkbox"/> Ball	<input type="checkbox"/> Ball	<input type="checkbox"/> Ball	<input type="checkbox"/> Ball	<input type="checkbox"/> Ball
<input type="checkbox"/> Thera-band	<input type="checkbox"/> Thera-band	<input type="checkbox"/> Thera-band	<input type="checkbox"/> Thera-band	<input type="checkbox"/> Thera-band
__Stretch	__Stretch	__Stretch	__Stretch	__Stretch
<input type="checkbox"/> QUICK-FIT	<input type="checkbox"/> QUICK-FIT	<input type="checkbox"/> QUICK-FIT	<input type="checkbox"/> QUICK-FIT	<input type="checkbox"/> QUICK-FIT

The Weekend

Stay active during the weekend with fun activities like Walking at the mall with some friends, going bowling or mini-golfing, heading to the pool or taking a yoga class. Keeping active on the weekends is just as important being active during the week. Your brain may get two days off, but your body is still on the clock!

