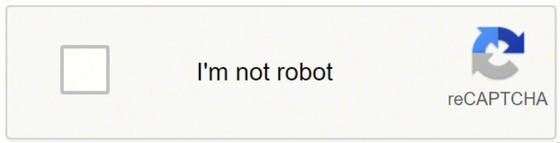

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How to tone your arms weights

I feel like I'm repeating myself here, but you don't need a gym, heavy weights, barbells, or pull-ups to build arm muscles. I swear! The actual truth is that those dumbbells you bought last March or a set of resistance bands are really good at strengthening your upper bod—and you can do literally that in 15 minutes. Yep, 15 freaking minutes to target your biceps, triceps, and shoulders. We! Love! Time! Management!The exact 15-minute workout that does all of this comes from Kelsey Wells, certified trainer and creator of the SWEAT app's PWR At Home program (which I've been following since The Quar of 2020 began). I can tell you rn that you WILL be feeling this one. As in physically and spiritually.Check out the instructions for the two-part workout below, then keep scrolling to see the demos and instructions of the moves. For each exercise, you'll see dumbbell and resistance band options—so you can do you. The WorkoutPart one: Perform each of the first three moves (with a resistance band or dumbbells) below for 40 seconds before immediately moving to the next one. Once you've completed all three exercises, rest for 30 seconds. That's one lap. Complete three laps before beginning the next part of the routine.Part two: Perform the final two moves back-to-back for the number of reps allotted, then rest for 30 seconds. That's one lap. Complete as many laps as you can in six minutes. Dumbbell Shoulder Press Step 1: Hold a dumbbell in each hand using an overhand grip and plant both feet on the floor, hip-width apart. Gently raise the dumbbells to shoulder height, directly in front of your chest. Step 2: Extend your elbows and press the dumbbells above your head, ensuring that your arms are in line with your ears. Step 3: Once your arms are fully extended, bend your elbows to lower the dumbbells back to your chest. That's one rep. Repeat for 40 seconds. Resistance Band Shoulder Press Step 1: Standing in the center of a recovery band with feet hip-width apart, hold one end of the band in each hand using an overhand grip. Step 2: Gently raise the ends of the band to shoulder height. Extend your elbows and press the ends of the band above your head, ensuring that your arms are in line with your ears. Step 3: Once your arms are fully extended, bend your elbows to return to the starting position. That's one rep. Repeat for 40 seconds. Dumbbell Tricep Kickback Step 1: Hold a dumbbell in each hand with palms facing inward, feet hip-width apart, and a slight bend in your knees. Bend forward from the hips so that your torso is parallel to the floor. Step 2: Bend your elbows to bring the dumbbells to either side of your chest. Extend your elbows back behind you, ensuring they remain in close contact with the sides of your body. Step 3: Bend your elbows to return to the starting position. That's one rep. Repeat for 40 seconds. Resistance Band Tricep Kickback Step 1: Stand in the center of a recovery band with feet hip-width apart and one end of the band in each hand (palms facing in). Slightly bend your knees and lean forward from the hips so that your torso is parallel to the floor. Step 2: Bend your elbows to bring the recovery band ends to either side of your chest. Keeping your shoulders as still as possible, extend your elbows back behind you, ensuring your arms remain in close contact with the sides of your body. Step 3: Bend your elbows to return to the starting position. That's one rep. Repeat for 40 seconds. Dumbbell Bicep Curl Step 1: Stand with a dumbbell in each hand with palms facing inward, feet hip-width apart, and a slight bend in your knees. Step 2: Keep your upper arms as still as possible, bend your elbows, and gradually rotate your wrists to bring the dumbbells toward your shoulders with your palms facing your chest (underhand grip). Step 3: Extend your elbows and rotate your wrists to return to the starting position. That's one rep. Repeat for 40 seconds. Resistance Band Bicep Curl Step 1: Standing in the center of a recovery band with feet hip-width apart and one end of the band in each hand using an underhand grip (palms facing away from you). Step 2: Bend your elbows to bring your hands up toward your chest, ensuring that your elbows remain in close contact with the sides of your body. Step 3: Extend your elbows to return to the starting position. That's one rep. Repeat for 40 seconds. Dumbbell Side to Front Raise Step 1: Hold a dumbbell in each hand with palms facing inward, feet hip-width apart, and a slight bend in your knees. Step 2: Maintain a slight bend in your elbows and raise the dumbbells outward and upward to shoulder height. As they reach shoulder-height, move them forward, directly in front of your chest. Step 3: Immediately reverse the motion, drawing the dumbbells back until they're in line with your shoulders. Slowly lower the dumbbells down to your sides. That's one rep. Perform 15 reps. Resistance Band Side to Front Raise Step 1: Standing in the center of a recovery band with feet hip-width apart, grab one end of the band in each hand with a neutral grip (palms facing inward). Step 2: Maintain a slight bend in your elbows and raise the ends of the band outward and upward to shoulder height. As they reach shoulder height, move them forward to bring them directly in front of your chest. Step 3: Immediately reverse the motion, drawing the ends of the band back until they're in line with your shoulders. Slowly lower the ends of the band down to your sides to return to the starting position. That's one rep. Perform 15 reps. Dumbbell Tricep Extension Step 1: Hold a dumbbell in each hand and plant both feet on the floor, shoulder-width apart. Extend your arms above your head, keeping them in line with your ears. Step 2: Keeping your shoulders as still as possible, bend your elbows to lower the dumbbells behind your head. Step 3: Immediately extend your elbows to return to the starting position. Be sure to keep your shoulders, elbows, and wrists in line at all times. That's one rep. Perform 20 reps. Resistance Band Tricep Extension Step 1: Stand in the center of a recovery band with both feet planted on the floor. Hold one end of the recovery band in each hand with a neutral grip (palms facing inward) and extend your arms above your head, keeping them in line with your ears. Step 2: Keeping your shoulders as still as possible, bend your elbows to lower your hands behind your head. Immediately extend your elbows to return to the starting position. Be sure to keep your shoulders, elbows, and wrists in line at all times. That's one rep. Perform 20 reps. This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io There's so much you can do with just a single set of dumbbells. They're relatively inexpensive, easy to use, and small enough to keep tucked under your bed. And while there are plenty of effective bodyweight exercises out there, adding a few pounds to your strength training workout is a simple way to increase the intensity. And that's exactly where this dumbbell arm workout comes in.Kara Faulk, personal trainer and instructor at Barry's Bootcamp in New York City, put together this 15-minute dumbbell arm workout for SELF readers. Requiring nothing more than a pair of dumbbells, this workout focuses on the arm muscles, and you can do it pretty much anywhere you want.Faulk says that the benefit of concentrating on one part of the body is that you can work that body part fully. Fifteen minutes is enough to hit every major muscle group—in this case, those that comprise the biceps, triceps, and shoulders—until fatigue.Many of the moves below are compound exercises, meaning they involve two or more joints of the body, and therefore work more than one muscle group at a time. Faulk says since these moves require total-body coordination, they force your body to work harder to stabilize itself—which translates to a secret core workout. "Anytime you're balancing, your core is working in overdrive," says Faulk. And when more muscles are engaging to keep you stable, you're using more energy.Faulk designed this dumbbell arm workout to be done with dumbbells that are medium weight. What is "medium" will be different for everyone, so she suggests starting with 5- or 8-pound dumbbells, maybe a set of 10s if you're already lifting. As your muscles adapt, what you consider "medium" will start to increase. Instead of going for a certain number of reps, Faulk says to do as many reps as possible (AMRAP) in the allotted time frames, while still maintaining proper form.Over time, as the workout starts to get easier, you can either lift more quickly (while maintaining proper form) or increase your weight, whichever you feel more comfortable with. Either method will progress your workout and further challenge your muscles.Faulk suggests doing this workout twice a week, either on its own or added on the end of a cardio or other full-body workout.Our model, Denise Harris is a NASM-certified personal trainer and Pilates instructor based in New York City.The WorkoutInstructions:Do each move below for the indicated amount of time, resting 30 seconds or less between moves.Hold the dumbbells in front of your body, palms facing up.Curl the dumbbells to your shoulders.Rotate the weights so your palms are away, and press the weights up and overhead.Slowly reverse the motion to bring arms back to start.Repeat for 90 seconds.Works: shoulders, biceps, and coreHold a dumbbell in each hand, arms relaxed by your sides, and palms facing each other.Curl the weights to your shoulders.Then, with your palms still facing in, press the weights overhead, keeping the weights directly over the shoulders.Reverse the motion to bring your arms back down to the starting position.Repeat this movement for 90 seconds.Works: biceps, core, and shouldersBend your knees forward and hinge forward at the hips, keeping the core tight and back flat.Hold your arms at your sides, with a dumbbell in each hand, thumbs up, and palms facing each other.Bend at the elbows until your forearms are parallel to the ground, keeping your elbows in roughly the same spot.Keeping your elbows tight by your rib cage, kick the weights back to completely straighten your arms.Rotate your palms upward at the top of the move.Bend the arms to return to start.Repeat the movement for 60 seconds.On the last rep, hold the arms back straight and pulse them up for 15 seconds.Works: Triceps and coreLie with your back flat on a mat and your legs bent with your feet on the floor.Hold the dumbbells straight up and over your shoulders, palms facing in, keeping your hands shoulder-width apart.Bend your elbows to bring the weights down by the sides of your head, keeping your elbows in the same spot.Straighten arms back out to start position.Repeat this bend-extend movement for 45 seconds.Works: tricepsStand with your legs shoulder-width apart.Hold a dumbbell in each hand, and hold your arms wide at your sides with your elbows pushing in toward your ribs, palms facing up.Perform a wide-grip biceps curl by bending at the elbow.Repeat for 90 seconds.Works: bicepsImmediately following the wide-grip curl exercise, hold the dumbbells out with your arms at 90 degree angles.Open and close for 30 seconds.Works: biceps, shouldersStart with your arms at your sides, holding a dumbbell in each hand.Keeping your palms facing each other, make a circle with your right hand from your right shoulder to your left shoulder, then to your left hip, then to your right hip, drawing a C as the weight crosses the body.Continue the movement with the same arm for 30 seconds. Then repeat on the other side.Works: bicepsHold a dumbbell in each hand. Extend your arms overhead, and press the weights together.With your elbows locked in place, bend at the elbows to lower the dumbbells behind your head.Raise your arms back up, straightening them completely at the top.Keep your upper arms and elbows close to your ears.Continue this movement for 90 seconds.Works: tricepsSlowly walk your hands out to a high plank position while holding the dumbbells.Without moving your torso, curl the dumbbell in your right hand up toward your ear. Keep your thumb facing up and your palms facing each other.Repeat on the left, and continue alternating sides.Keep your core tight and hips stable.Make sure your feet are at least shoulder-width apart or wider to help stabilize your hips. You can also lower your knees to the ground for a modified plank.Repeat, alternating sides, for 60 seconds.Works: biceps, shoulders, and coreWith dumbbells in your hands, walk your body out to high plank position.Once in a plank, raise your right elbow to your rib cage, arm bent.Straighten your arm to perform a kickback.Repeat on the left side.Continue the movement, alternating sides, for 90 seconds.Keep your hips as stable as possible. You can modify this move by dropping your knees to the floor.Works: core, shoulders, tricepsUse lighter weights for this one, as the wrist tends to not be as strong as the biceps.Lift your arms so that your elbows create a 90-degree angle on each side.With your palms up, lift and lower at the wrist to perform wrist curls.Repeat for 60 seconds.Works: wrists, biceps, and shouldersHold the dumbbells in front of your body, palms facing each other.Curl the dumbbells to your shoulders.Now press the weights overhead.With your arms over your head, press the weights together.With your elbows locked in place, bend at the elbows to lower the dumbbells behind your head.Raise your arms back up, straightening them completely at the top.Keep your upper arms pressed close to your ears.Slowly reverse the motion to return to start.Repeat for 90 seconds.Works: shoulders, biceps, triceps, and coreRelated:Our model, Denise Harris is wearing Alala Barre Bra, $55, alalastyle.com; Alala Essential Seamless Tight, $95, alalastyle.com; and New Balance sneakers, similar styles at newbalance.com. 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