Bingo Wing Bye-Bye - Dumbbell Arm Toning

35 min · Abs, Arms, Chest, Shoulders

Are you ready to get going? The opening warm up should be taken seriously, it will help your body prepare to wave off those bingo wings, once and for all. Let’s get started!

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To start today’s workout, let’s stretch out those triceps. Go for 2 sets per arm here and then move on!

Circle your arms forward for 30 seconds and then backwards for 30 seconds. We’re almost ready to go!

Use your arms to create the momentum that will pull those knees nice and high!

Our first bingo wing killer! Keep your upper arms locked in position, and kick back those dumbbells.

Working the shoulders - this exercise tightens the upper-arm musculature. Because who doesn’t want tight arms?

Work with a slightly heavier weight here and try to avoid swinging the dumbbells upward.

Lower your butt towards the ground, but never touch down. Drive yourself back upward to complete the rep!

Reduce the weight, and hammer away those bingo wings. You’re almost done!

Your final exercise for today! Complete 8 reps or more, and give yourself a power high five.
**Overhead Triceps Stretch**

Primary muscle group(s):
- Triceps

Secondary:
- Shoulders

Standing up straight with a tight core, extend your left arm straight into the air. Keep the elbow up as you bend your arm behind your head. Take the right hand and gently pull the left elbow towards the right. Hold this stretch then switch to the other side.

**Standing Arm Circles**

Primary muscle group(s):
- Shoulders

Secondary:
- Upper Back & Lower Traps

Standing with a flat back and tight core, raise your arms to the sides. While focusing on the shoulders, slowly rotate your arms in a circular motion. Start with small circles. Gradually increase the size of the circles. After completing one set of a pre-determined number (such as 10 repetitions), reverse the direction, going counter-clockwise.

**High Knees / Front Knee Lifts / Run / Jog on the Spot**

Primary muscle group(s):
- Abs

Secondary:
- Glutes & Hip Flexors

Begin jogging in place, lifting the knees as high as you can. Try to lift your knees up to hip level but keep the core tight to support your back. For a more advanced move, hold your hands straight at hip level and try to touch the knees to your hands as you lift them. Bring the knees towards your hands instead of reaching the hands to the knees!
Bent Over Double Arm Tricep Kickbacks

Primary muscle group(s):
Triceps

Secondary:
Abs, Lower Back

Holding a pair of dumbbells with an overhand grip, stand tall with your chest up and core braced. Bend at the hips while keeping your back completely flat.

Once your upper body is parallel with the floor, bring your upper arms to your sides. Begin by pushing the dumbbells back and behind you.

Pause at the top of the movement and feel the contraction in your triceps. Slowly lower the dumbbells and begin again.

Dual / Two Arm Dumbbell Front Shoulder Raises

Primary muscle group(s):
Neck & Upper Traps, Shoulders

Secondary:
Abs

Holding a pair of dumbbells with an overhand grip, stand tall with your chest up and core braced.

Begin by lifting the dumbbells in front of you. Keep the abdominals contracted as you raise the dumbbells. Feel the contraction in the shoulder muscles.

Once the dumbbells reach shoulder height, pause and slowly lower the dumbbells to the starting position.
Dumbbell Bicep Reverse Curls

Primary muscle group(s):
- Forearms
- Biceps

Secondary:
- Biceps

Stand holding a dumbbell in each hand using an overhand grip.
Your arms should be fully extended and your feet shoulder width apart. This is the starting position.

Keeping your upper arms stationary and your back straight, curl the weights up towards your shoulders exhaling as you do so. Use only your forearms for this movement.
Continue curling the dumbbells up until they are at shoulder level and your biceps are fully contracted.
Hold for a count of one as you squeeze your biceps.
Return to the starting position in a smooth arc, inhaling as you do so.
Repeat.

- Do not swing your hips or arms to use momentum for this exercise. This exercise can be performed using a barbell, straight bar or E-Z bar attachment connected to the low pulley of a cable station.

Chair / Bench Tricep Dips

Primary muscle group(s):
- Triceps
- Shoulders

Secondary:
- Shoulders

Sit on a chair with your hands either next to your hips or slightly under the hips.
Lift up onto your hands and bring your hips forward.
Bend your elbows and lower your hips down, keeping shoulders down and hips close to the chair.
Push back up but don't lock your elbows and repeat.
Standing Dumbbell Bicep Hammer Curls

Primary muscle group(s):
- Biceps

Secondary:
- Forearms

Stand straight holding a dumbbell in each hand with a neutral grip.
Keep your arms fully extended with your palms facing in to your sides.
Keep your elbows tucked in to your sides. This is the start position.
Keeping your upper arm stationary, exhale and curl the dumbbells up towards your shoulders.
Continue raising the dumbbells until your biceps are fully contracted and the dumbbells are at shoulder level.
Hold for a count of one and squeeze your biceps.
Return to the start position in a smooth movement, inhaling as you do so.
Repeat.

There are many ways to perform this movement. Other examples include; sitting with or without back support, using alternating arms and also using a cable station's lower pulley.

Modified / Knee Push-ups / Pushups

Primary muscle group(s):
- Chest

Secondary:
- Abs, Shoulders, Triceps

Come to the ground on your knees. Tighten your core and maintain a flat back.
Position your hands on the ground in front of you, directly below your shoulders. Cross your feet in the back.
Lower your chest towards the ground. Bend your elbows at a 60-degree angle until your chest is just above the ground. You should feel a stretch across your chest. Hold for a count of one.
Without locking your elbows, push yourself back to the starting position by straightening your arms.