



## Episode 3 – Fresh and Local Fitness with Ryan Hughes

### Arm Workout

#### Equipment Needed:

- A set of dumbbells
- Double handle bar cable
- Single handle cable extension
- Rope cable extension

#### Workout Circuit:

- 10 – 12 alternating dumbbell curls per arm; 3 – 4 sets total
- 10 – 12 bar cable curls; 3 – 4 sets total
- 10 – 12 single arm triceps extensions; 3 – 4 sets total
- 10 – 12 triceps rope extension; 3 – 4 sets total

#### Directions:

- Complete the total sets for one exercise, and then move on to the next exercise.