



How many forward arm raises can you complete in 1 minute?

Equipment Needed:

- Timer
- Weights

Rules:

- Step 1: Grab your weights and stand tall with your arms down and in front of your legs with your wrists pointing towards your thighs while holding your weights.
- Step 2: Slowly bring your arms up in front of you until your hands are level with your shoulders. Keeping your arms straight the whole time.
- Step 3: Pause for 1-2 seconds and then slowly lower them back to starting position.



Modifications:

- The rules can be done in a seated position

