

STAY ACTIVE RESOURCE CARD

# Active Arms

Seated upper  
body workout

Other Stay Active Cards available  
Contact [email@dsni.co.uk](mailto:email@dsni.co.uk)



STRENGTH EXERCISES 10 - 12 TIMES. CARDIO EXERCISES 40 SECS WORK, 20 SECS REST.  
REPEAT ALL 3 TIMES.

1

## Fast Punches

### KEY POINTS (Cardio):

- Punch each arm out in front, gradually building speed
- Do not lock out elbows



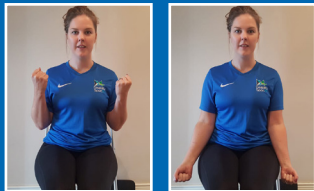
2

## Bicep Curl

### KEY POINTS (Strength):

- Sit upright, arms down by your sides
- Keep elbows tight to body and bring hands up towards shoulders
- Lower slowly
- Work both arms together or individually

• TIP: Hold dumbbells/tins/  
water bottles to make it more challenging



3

## Swimming Arms

### KEY POINTS (Cardio):

- Move arms in a breaststroke movement at a comfortable speed

• TIP: Work each arm individually to make it less challenging



4

## Lateral Raise

### KEY POINTS (Strength):

- Sit upright
- Hands by your side
- Raise arms out to the side of the body until shoulder height
- Lower slowly
- Work both arms together or individually

• TIP: Hold dumbbells/tins/  
water bottles to make it more challenging

