

# Right to Bare Arms: Upper-Body Workout

Workout by Bob Harper, trainer on TV's *The Biggest Loser* and creator of the *Bob Harper Inside Out Method: Body Rev/Cardio Conditioning DVD*

Sculpt a sexy upper body! These moves use your upper body to stoke your calorie burn so you can rock a little black dress all season long.

## Dead-Lift Row

**What you'll need:** a pair of 3- to 5-pound dumbbells

This workout is a circuit; perform the first set of each move, then complete the remaining moves before doing the second set.

Targets: Back, **biceps**, abs, **butt**, and hamstrings

- Stand with feet wider than shoulder-width apart, knees slightly bent, holding a single dumbbell with both hands in front of hips, palms in.
- Keeping back flat, hinge forward from hips to lower dumbbell toward floor.

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- Quickly stand up, bending elbows out to sides to bring dumbbell to chest level, palms down.
- Lower to start position.
- Do 2 sets of 16 reps



## Weighted Jump Rope

Targets: Arms, **abs**, **butt**, and **legs**

- Stand with feet hip-width apart, a dumbbell in each hand.
- Bend elbows by ribs about 90 degrees so that forearms point out to sides, palms facing forward.
- Jump up and down a few inches off floor, drawing small circles with dumbbells as if twirling a jump rope.
- Do 2 sets of 16 jumps.



## Pass Under

Targets: Arms, **butt**, and **legs**

- Stand with feet hip-width apart, a dumbbell in right hand, arms by sides.
- Lunge forward with right leg, bending both knees 90 degrees, and pass dumbbell under right thigh from right hand to left hand.



- Return to start, then quickly lunge forward with left leg, passing dumbbell under left thigh from left hand to right hand, to complete 1 rep.
- Do 2 sets of 16 reps.

## Suitcase Swing

Targets: Shoulders, [abs](#), [butt](#), and [legs](#)

- Stand with feet hip-width apart, arms by sides, holding a dumbbell in right hand.
- Lower into a squat
- Quickly stand up, swinging right arm forward to shoulder height.
- Lower right arm as you immediately return to squat position.
- Do 2 sets of 16 reps, switching arms to perform the second set.



## Overhead Press Pulse

Targets: [Shoulders](#) and [upper back](#)

- Stand with feet hip-width apart, holding a dumbbell in each hand, with elbows bent 90 degrees out at shoulder level, palms facing forward (like a goalpost).
- Quickly press dumbbells directly overhead, arms extended, then lower to start position.
- Do 2 sets of 16 reps.

