

C2BFF Bingo Wing Bye-Bye

35 min · Abs, Arms, Chest, Shoulders



Steve N.

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!

Overhead Triceps Stretch

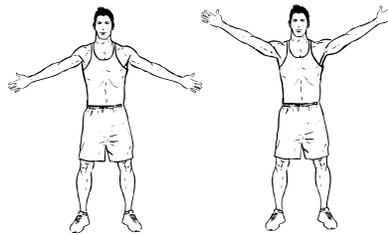


no
rest

2 sets 30 secs 10 sec rest

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

Standing Arm Circles



no
rest

2 sets 30 secs 10 sec rest

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

High Knees

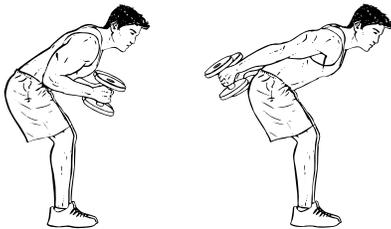


no
rest

2 sets 20 secs 10 sec rest

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

Bent Over Double Arm Tricep Kickbacks

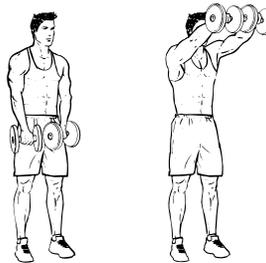


1:00
rest

3 sets 12 reps 45 sec rest

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

Two Arm Dumbbell Front Shoulder Raises

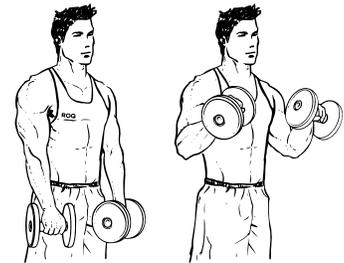


1:00
rest

3 sets 16 reps 45 sec rest

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

Dumbbell Bicep Reverse Curls

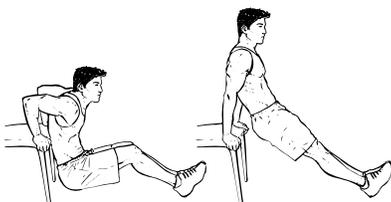


1:00
rest

4 sets 8 reps 45 sec rest

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

Bench Tricep Dips

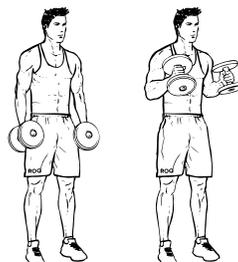


1:00
rest

3 sets 10 reps 45 sec rest

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

Standing Dumbbell Bicep Hammer Curls

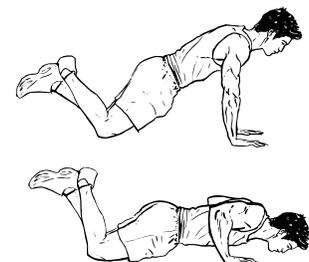


1:00
rest

3 sets 16 reps 45 sec rest

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

Knee Push-ups



3 sets 8 reps 45 sec rest

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



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