

Body Improvement Club Day 10 Workout



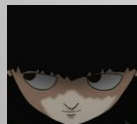
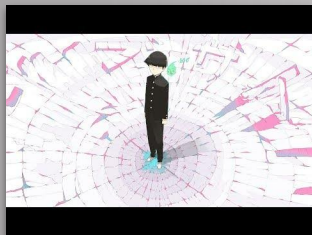
Organized by Ruby and Danny

Warm-up Stretches

Before you do the workout, please make sure to do numbers 1-8, 10-11, 14, and 16 on the chart to the right.

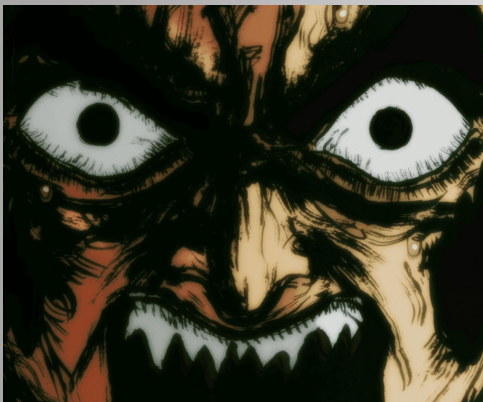
For each stretch, hold the pose for about 10-15 seconds.

Additionally, before you start the workout/stretches, feel free to play some music! (like perhaps some mp100 music?)



Workout

- Exercises (Abs, Biceps, Back)
 - Wide Row
 - Air bike (optional)
 - Ab exercise
 - Bicep exercise 1
 - Bicep exercise 2





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Back Warmup Stretch: (Child's pose)

Do option 1 or 2 for 30 seconds (2x)

Option 1

Option 2



INDIE
PSYCH
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Wide Row (Chest & Back)

(Without Dumbbells)

Light: 2 sets, 5 times (60 sec rest)

Medium: 2 sets, 10-15 times (60 sec rest)

Heavy: 2 sets, 20 times (90 sec rest)

(With Dumbbells)

Light: 2 sets, 3 times (90 sec rest)

Medium: 2 sets, 5-10 times (90 sec rest)

Heavy: 2 sets, 10 times (120 sec rest)

Do what you can. Please don't overdo it!
Hydrate after & rest for 2-3 minutes



Music break:



Air Bike (Abs; Optional)

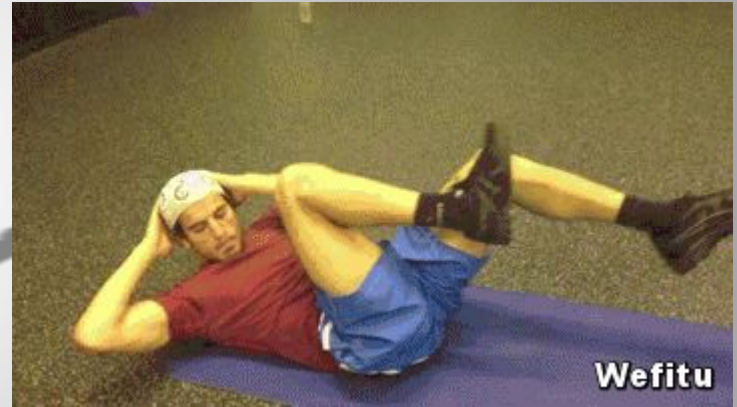
Go at your own pace.

Light: 2 sets, 15-30 seconds (60 sec rest)

Medium: 2 sets, 30-45 seconds (60 sec rest)

Heavy: 2 sets, 45-60 seconds (90 sec rest)

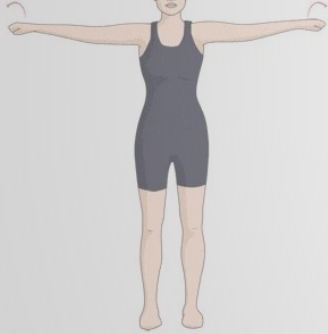
Hydrate & rest 2-3 minutes.



Arm Stretches

(each for 30 seconds)

ARM-ROLLING EXERCISE



Top10
Home Remedies



ARM STRETCH-AND-PULL EXERCISE



Top10
Home Remedies

TOP
PSYCHO
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Concentration Curls (Biceps)

(If you don't have dumbbell,
we recommend using a towel)

Light: 2 sets, 5 reps/arm (60 sec rest)

Medium: 2 sets, 10 reps/arm (60 sec rest)

Heavy: 2 sets, 20 reps/arm (90 sec rest)

(With Dumbbells)

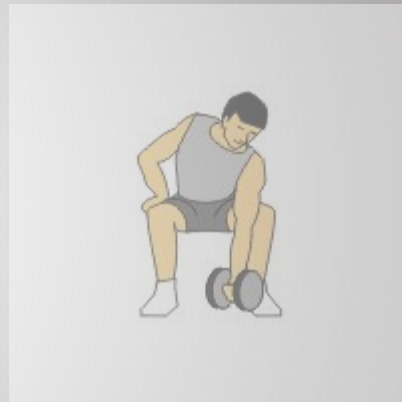
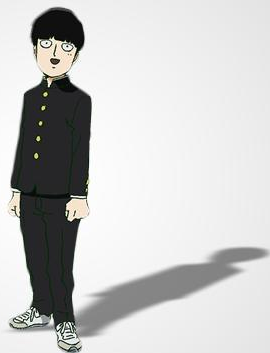
Light: 2 sets, 3 reps/arm (60 sec rest)

Medium: 2 sets, 6 reps/arm (90 sec rest)

Heavy: 2 sets, 10 reps/arm (120 sec rest)

Do what you can. Please don't overdo it!

Hydrate after & rest for 2-3 minutes



Seated Hammer Curls (Biceps)

(If you don't have dumbbell,
we recommend using a towel)

Light: 2 sets, 5 reps (60 sec rest)

Medium: 2 sets, 10 reps (60 sec rest)

Heavy: 2 sets, 15-20 reps (90 sec rest)

(With Dumbbells)

Light: 2 sets, 3 reps (60 sec rest)

Medium: 2 sets, 6 reps (90 sec rest)

Heavy: 2 sets, 10 reps (120 sec rest)

Do what you can. Please don't overdo it!

Hydrate after & rest for 2-3 minutes



Cool-down Stretches

These stretches are basically the same as the warm-up ones, but they're just as important!

So, once more, please make sure to do 1-8, 10-11, 14, and 16. This time, do each pose for about 15 seconds, regardless of how long you held them for last time.

Please remember to offer your feedback on whether the workout was too easy, too hard, etc. And we love suggestions, so feel free to @ or dm us! Here is the link to this week's feedback quiz:

[Submit your feedback here!](#) **do it**



PSYCHO ICIA



YOU'RE
DONE!!!