



INSTRUCTIONS

TICK TOCK ARMS

CATEGORIES: Strength, Warm Up

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/tick-tock-arms>

Chest

Kicks

Shoulders

Upper Body



STEPS:

- Hinging at the hips with both arms extended over your head, place one arm behind you while keeping the other in front.
- Alternate arms in front/behind.
- Move slowly and open the hands wide for resistance.

Repeat a total of 20 reps