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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