



## How many side arm raises can you complete in 1 minute?

### Equipment Needed:

- Timer
- weights

### Rules:

- Grab your weights, and stand tall with your arms down and by your side while holding your weights
- Slowly bring your arms out to your sides until your hands are level with your shoulders. Keeping your arms straight the whole time.
- Pause for 1-2 seconds and then slowly lower them back to starting position
- Repeat for one minute



### Modifications:

- This can be done seated or standing