

**Editor's Note**

There are so many reasons to exercise your arms. Arm circles loosen your arm and shoulder muscles and serve as a warm-up for other exercises; they tone your arms and tighten arm muscles to help do away with unwanted arm flab; arm circle exercises can be done anywhere and no special equipment is needed; they help you discourage gnats, fruit flies, and annoying co-workers from settling in your space. What's not to like?

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**Day 67: April 6, 2012****Day 67: Arm Circles**

Arm circles require little time, they're easy, and you'll reap great benefits when you do them regularly. The great thing about this arm exercise is that you get resistance exercise without equipment. Just the force of holding your arm muscles tight and firm as you circle creates resistance.



**Step 1:** Stand with your feet about shoulder-width apart.

**Step 2:** Stretch your arms out to your sides so that your body is in a T formation.

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