



## UPPER BODY

	SETS	REPS/TIME	EXERCISE	EXERCISE SWAP	TIPS/TRICKS
<b>A1</b>	3	30 Sec	<b>Incline Press Ups</b>	Machine Chest Press	Starting in a full or half press up. Goal to complete as many reps in 30 seconds. If you can't do full or half press up you can try a box press up
<b>A2</b>	3	10-12	<b>Wide Grip Lat Pulldowns</b>	Machine Lat Pulldowns	Using outer Lat (Back) and a wide grip on the bar, lean back slightly and keep your chest up. Pull the bar down to your collar bone. Pause and slowly return to starting position.
<b>B1</b>	4	15,12,10,8	<b>DB Incline Chest Press</b>	DB Chest Press	Using Chest and Arms keep a slight bend in your elbow. Lower DBs close to your chest, stretch through chest and hold, Push back to starting position.
<b>B2</b>	4	8-10	<b>DB Arnold Press</b>	DB Shoulder Press	Sitting upright on a bench hold two DBs in front of your chest palms facing your body. Raise the DBs as you rotate the palms of your hands until they are facing forwards. Drive through FRONT of Shoulders like a normal shoulder press, until DBs are above your head. Slowly lower to start position.
<b>C1</b>	3	8-10	<b>DB "L" Raise</b>	DB Frontal Raises	One DB on the front of the left thigh, one on the side of the right thigh, raise both DBs straight up in a "L" position to shoulder height. Pause and slowly lower. Repeat on the opposite side. That's one rep.
<b>C2</b>	3	20	<b>Tricep Bench Dips</b>	Tricep Rope Extensions	Tuck your elbows in at your sides. Slowly lower to a 90degree bend in your elbows. Pause & return to start.
<b>D1</b>	3	10	<b>Inch Worms</b>	Burpees	Standing upright curl your upper body down and touch your toes. Slowly walk your hands out until you are in a high plank hold. Pause and return to start position.
<b>D2</b>	3	12-15	<b>DB Incline Hammer Curls</b>	BB Bicep Curls	Lying on a 45 degree incline bench, with your palms facing your body. Squeeze Biceps and bring DBs up to your collar bone. Pause and slowly lower to start position.