

UPPER BODY/ARMS

2 sets of 20 repetitions on each exercise

Choose a weight that is difficult (burning a little) around 17 or 18 reps
The goal is to improve muscular endurance, and to tone/shape the muscles



Exercise 1 Chest Press

- Chest & Triceps
- Push until elbows are fully extended
- Lower the weight slowly back to start



Exercise 2 Row

- Back & Biceps
- Pull handles all the way to your chest
- Initiate the movement with your shoulder blades



Exercise 3 Shoulder Press

- Shoulders & Triceps
- Push overhead until elbows are fully extended
- Lower until hands are even with your ears



Exercise 4 Lat Pulldown

- Back & Biceps
- Pull from overhead until your elbows can't go any lower
- Maintain upright torso position, don't rock back



Exercise 5 Rear Delt

- Rear delts (shoulders) & back
- Face in (pad on your chest) and squeeze shoulder blades together
- Hold horizontal handles



Exercise 6 Lateral Raise

- Shoulders
- Keep your elbows in contact with pads
- Lift until your elbows are even with your ears



Exercise 7 Tricep Ext.

- Triceps
- Keep your elbows in contact with pad
- Feel the squeeze in the back of your arm (triceps) as your elbows straighten



Exercise 8 Bicep Curl

- Biceps
- Keep your elbows in contact with pad
- Feel the squeeze in the front of your arm (biceps) as your elbows bend