UPPER BODY/ARMS

2 sets of 20 repititions 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

Lat Pulldown

Back & Biceps

Pull from overhead

Exercise 4



Exercise 3 Shoulder Press

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



Exercise 5 **Rear Delt**

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

Exercise 7

Tricep Ext.

Tricebs







Exercise 8 **Bicep Curl**

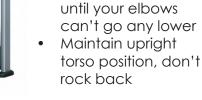
- Biceps
- Keep your elbows in contact with pad
- Feel the squeeze in the front of your arm (biceps) as your elbows bend



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



Campus Recreation



Exercise 6 Lateral Raise

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