## UPPERBODY
Chest, Shoulders, Back, Arms

**Equipment:** Resistance Bands. Dumbbells

**Time:** 1 set: 16 min, 2 sets: 32 min, 3 sets: 48 min

### Dive Push Up
- (1) Start with body in an upside down V shape
- (2) Bend elbows and lower body forward
- (3) Straighten body until parallel to floor
- (4) Swing up and extend arms fully
- Go back to starting position by reversing the above steps
- Stretch

Sets: 1-3  Rep: 10-15

### Double Bench Dips w/ Weights
- Place hands and feet at edge of two parallel benches
- Place weight on thighs*
- Keep body close to the bench throughout the exercise
- Lower body until elbows are 90º
- Stretch

Sets: 1-3  Rep: 10-15

*May require assistance

### One-Arm Dumbbell Rows
- Take one step forward and slightly bend knees
- Keep back straight. Hold the weight and let arm hang straight down
- Exhale and pull weight up while keeping elbow close to your body
- Stretch

Sets: 1-3  Rep: 10-15
**Pullover on Ball**
- Hold weights and gradually lay back until ball behind head and shoulders
- Extend arms straight in front of chest
- While keeping arms straight, bring weight back until slightly past head
- Exhale and pullover to starting position
- Stretch

Sets: 1-3 Rep: 10-15

**Standing Overhead Press**
- Start with weight at head level (elbows about 90°)
- Keep back straight throughout the exercise
- Press up until arms are fully extended
- Stretch

Sets: 1-3 Rep: 10-15

**Bicep Concentration Curls**
- Lean forward and anchor elbow to the side of thigh
- Hold weight and fully extend arm down
- Exhale and curl arm up
- Stretch

Sets: 1-3 Rep: 10-15

**Standing Overhead Extension**
- Keep your back straight throughout the exercise
- Carefully extend arms up while holding weight
- Carefully lower weight while keeping elbows by your head
- Stretch

Sets: 1-3 Rep: 10-15
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