UPPERBODY
Chest, Shoulders, Back, Arms

Equipment: Resistance Cables

Time: 1 set: 12 min, 2 sets: 24 min, 3 sets: 36 min

BEGINNER

Cable Chest Press
- Anchor cable to a hook or door knob
- Hold cable ends at shoulder level
- Keep back upright throughout the exercise
- Extend arms then return until elbows are 90°
- Stretch

Sets: 1-3 Rep: 10-15

Cable Fly
- Anchor cable to wall hook or door knob
- Keep arms straight and open at a wide angle
- Keep back upright throughout the exercise
- Bring both arms together while holding cable ends
- Stretch

Sets: 1-3 Rep: 10-15

Front Raise
- Anchor cable under feet
- Keep back and arms straight throughout the exercise
- Keep hands in front of body. Raise arms to shoulder level
- Stretch

Sets: 1-3 Rep: 10-15

Lateral Raise
- Anchor cable under feet
- Keep back and arms straight throughout the exercise
- Keep hands to the side of body. Raise arms to shoulder level
- Stretch

Sets: 1-3 Rep: 10-15

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UPPERBODY
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BEGINNER

Straight Arm Pulldown
- Anchor cable at high point (back of a door, wall hook, etc.)
- Keep back and arms straight throughout the exercise
- Pull down until arms slightly past back
- Stretch

Sets: 1-3 Rep: 10-15

Cable Rows
- Anchor cable at a chest-level point (ex. door knob)
- Keep back straight throughout the exercise
- Pull back as far as you can
- Stretch

Sets: 1-3 Rep: 10-15

Bicep Curls
- Can be done seated or standing
- Lock elbows by your torso
- Curl arms up
- Return to fully-extended arm position
- Stretch

Sets: 1-3 Rep: 10-15

Triceps Pressdown
- Lock elbows by torso throughout the exercise
- Press cable down until arms fully extended
- Bring back to starting position
- Stretch

Sets: 1-3 Rep: 10-15

STRETCH
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