UPPERBODY
Chest, Shoulders, Back, Arms

Equipment: Resistance Bands

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

BEGINNER

Wall Push Up (or Modified Push Up)
- Stand about 3 feet from the wall
- Place hands slightly wider than shoulders at chest level
- Keep body straight. Lean forward until elbows are 90º
- Stretch

Sets: 1-3 Rep: 10-15 (25-100 reps for Wall Push Up)

Bench Dips (or Bent-Knee Dips)
- Place hands at edge of bench
- Keep body close to the bench throughout the exercise
- Lower body until elbows are 90º
- 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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**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 Cable 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 Cable Extensions**
- Keep back straight throughout the exercise
- Lock elbows by your torso
- Press down until arm fully extended down
- Stretch

Sets: 1-3 Rep: 10-15
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