



UPPERBODY

Chest, Shoulders, Back, Arms

Equipment: Resistance Bands.

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

BEGINNER

STRETCH

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 90°
- 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 90°
- 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





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 full extended down
- Stretch

Sets: 1-3 Rep: 10-15





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