



UPPERBODY

Chest, Shoulders, Back, Arms

Equipment: Resistance Cables, Dumbbells, Ball.

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

INTERMEDIATE

STRETCH



Close-Grip Push Up

- Place hands in close-grip position in front of chest (picture inset)
- Keep body straight. Lower body until elbows are 90°
- Stretch

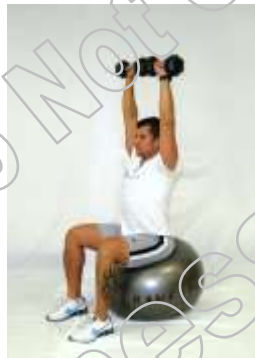
Sets: 1-3 Rep: 10-15



Double Bench Dips

- Place hands and feet at edge of two parallel benches
- Keep body close to the bench throughout the exercise
- Lower body until elbows are 90°
- Stretch

Sets: 1-3 Rep: 10-15



Seated 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



Bent-Over Lateral Raise

- Keep feet hip-width apart, knees slightly bent
- Keep back straight while leaning forward
- Keep arms straight, exhale, raise arms as high as possible
- Stretch

Sets: 1-3 Rep: 10-15





UPPERBODY

Chest, Shoulders, Back, Arms

STRETCH



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



Shrugs

- Keep feet hip-width apart and back straight
- Hold dumbbells to the side of body
- Exhale and elevate shoulders as high as possible
- Stretch

Sets: 1-3 Rep: 10-15



Preacher Curls

- Lean on bench and rest arm while holding weight
- Bench should be comfortably anchored under arm
- Exhale and curl arm up
- Stretch

Sets: 1-3 Rep: 10-15



Dumbbell Kickback

- Place one hand and opposite knee on bench for support
- Keep back straight and lock elbow by torso
- Exhale and extend arm until slightly past back
- Stretch

Sets: 1-3 Rep: 10-15





Buy a Print License and get the following:

- High-resolution copy (for professional printers) of this guide
- Remove water mark
- One flat fee, unlimited prints!
- Instant download
- And more!

Print license available at:

[RAMFITNESS.COM/PRINT-LICENSE-OPTIONS](https://www.ramfitness.com/print-license-options)