UPPERBODY
Chest, Shoulders, Back, Arms

Equipment: Resistance Cables, Dumbbells, Ball.

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

INTERMEDIATE

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
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
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