

UPPERBODY

Chest, Shoulders, Back, Arms

Equipment: Pin-Selector Weight Machines. Dumbbells.

Time: 1set: 15 min, 2sets: 25 min, 3sets: 35 min

BEGINNER

STRETCH



Chest Press

- Adjust the height of the seat so that the handles are at middle-of-the-chest line
- Exhale and push out until arms are extended
- Stretch

Sets: 1-3 Rep: 10-15



Chest Fly

- Adjust the height of the seat so that the handles are at shoulder level
- Keep arms straight. Exhale and pull handles towards each other
- Stretch

Sets: 1-3 Rep: 10-15



Shoulder Press

- Adjust seat height to align handles with shoulders
- Press up until arms fully extended.
- Don't arch back
- Lower weight back until elbows are 90°. Repeat
- Stretch

Sets: 1-3 Rep: 10-15

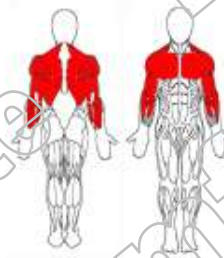


Lat Pulldown

- Grab handles and sit down
- Lean back slightly while keeping back straight
- Exhale and pull bar down to chin level
- Never pull bar behind neck!
- Stretch

Sets: 1-3 Rep: 10-15





STRETCH

Mid Rows

- Extend arms fully and reach for handles
- Keep back straight. Exhale and pull back as far as possible
- Stretch

Sets: 1-3 Rep: 10-15



Bicep Curls

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

Sets: 1-3 Rep: 10-15



Triceps Cable Pressdown

- Keep back straight throughout the exercise
- Lock elbows by side of torso
- Exhale and press down until arms fully extended
- Return to starting position while elbows locked by the side of torso
- Stretch

Sets: 1-3 Rep: 10-15





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