

# UPPER BODY STRENGTH

**Choose One from Each Upper Body Group:**

**Complete 2-3 sets of each chosen exercise-**

## **CHEST**

Upright Chest Fly **10reps**

Floor Chest Press **15reps**

## **BACK**

Rear Delt Fly **10reps**

One Arm Row **10reps**

Upright Rows **10reps**

## **SHOULDERS**

Shoulder Press **10reps**

Lateral Raises **10reps**

Frontal Raises (palms in) **10reps**

## **BICEPS**

Bicep Curls **15reps**

Alternating Hammer Curls **15reps**

Wide Bicep Curls **15reps**

## **TRICEPS**

Overhead Tricep Extensions **15reps**

Single Arm Tricep Kickback **15reps**

Single Arm Band Tricep Extension **15reps each arm**