

# UPPER BODY BLAST

Repeat each couplet 3x before moving on to the next.  
Maintain proper form and use challenging weights.  
According to your fitness level, do 3-5 pull ups.

10 front arm swings

10 pushups

10 reverse arm swings

3-5 pull ups\*

10 lateral press

10 hammer curls

10 military press

1 min. bicep curls

10 bent over rows

10 tricep extensions

10 reverse flys

10 tricep dips