

## UPPER BODY PROGRAM 1

This program is all about the upper body. You will need dumbbells/ weights for this program, as well as a bench/ chair/ ledge.

This program will be all about rep counts. Perform exercises that are together as a superset (do one, then do the other, then take ~1 min rest). Finish all sets of the superset before moving on to the next exercise/ superset.

Superset 1: 3 x 10 reps

Chest Press

Tricep Dips

Superset 2: 3 x 10 reps

Standing Back Row

Bicep Curls

Set 3: 3 x 10 reps

Standing Shoulder Press

Front Raise

Set 4: 3 x 10 reps

Chest Fly

Standing Bent Over Back Fly

Set 5: 3 x 10 reps

Hammer Curls

Tricep Kickbacks