

Upper Body Workout

Choose a different lift each time you work out. Try to increase your weight each set then lower the weight on your last set. You will find a matching colored dot on a machine for each muscle group.

Chest

	<u>Reps</u>
1. Barbell Bench Press	x12
2. Barbell Incline Press	x10
3. Dumbbell Bench Press	x8
4. Dumbbell Incline Press	x6
5. Dumbbell Flyes	x12

Weight Lifted

Back

	<u>Reps</u>
1. Pull-ups	x12
2. Wide- Grip Lat Pulldown	x10
3. One-Arm Dumbbell Rows	x8
4. Back Extensions	x6
5. Straight-Arm Pulldowns	x12

Weight Lifted

Shoulders

	<u>Reps</u>
1. Seated Dumbbell Press	x12
2. Front Raises	x10
3. Lateral raises	x8
4. Reverse Flyes	x6
5. Upright Barbell Rows	x12

Weight Lifted

Biceps

	<u>Reps</u>
1. Alternate Dumbbell Curls	x12
2. Barbell Curls	x10
3. Preacher Curls	x8
4. Concentration Curls	x6
5. Hammer Curls	x12

Weight Lifted

Triceps

	<u>Reps</u>
1. Seated Triceps Press	x12
2. Lying Triceps Presses	x10
3. Triceps Kickback	x8
4. Triceps Pushdowns	x6
5. Bench Dips	x12

Weight Lifted