Upper Body

**Challenging**

Duration: 1 Hour

Equipment:

Varied Dumbbells

Bench

Pulley system attached to weight

Body weight equipment set up

For size and strength: 6-8 repetitions at high weight

For toning and endurance: 12-14 repetitions at lower weight

Dynamic warmup:

Spinal Rotations

Arm Crossovers

Arm Circles

Neck Stretches

10 dips

 5 pull-ups

10 regular pushups

Arm Circuit X3:

Super Concentration Preacher Curl

Overhead Triceps Extension

Shoulder press 3 sets

10 dips

5 pull-ups

10 diamond pushups

Chest Circuit X3:

Chest press

Dumbbell fly (light weight)

10 dips

5 pull-ups

10 wide pushups

Back circuit X3

Weighted shrugs

Bent over rows

10 dips

5 pull-ups

10 tricep (elbows to sides) pushups

Run 15+ minutes.

Static Stretch:

**Overhead Triceps Stretch**

**Chest and Shoulder Stretch**

**Across the Body Shoulder Stretch**

**Obliques & Lats Stretch**

Seated front deltoid stretch