

Upper

WORKOUT

15
MIN

DUMBBELLS

After the warm up, perform each super set three times through. You will work for the amount of reps indicated. Once the superset is completed three times, move to the next. There is no designated rest during the three rounds of each super set, so take breaks when needed. Challenge yourself to work with as little rest as possible.

WARMUP

- Jumping Jacks - 30 seconds
- Arm Circles - 30 seconds each direction
- IYT - 20 seconds each movement
- Cat Cow - 30 seconds
- Quadruped T Spine Rotations - 30 seconds

WORKOUT

SET 1

- Dumbbell Single Arm Bench Press x 10 EA
- Single Arm Incline Pushup x 5 EA

SET 2

- Dumbbell Single Arm Row x 10 EA
- Dumbbell Single Arm Shoulder Press x 10 EA

SET 3

- Dumbbell Single Arm Hammer Curl x 10 EA
- Dumbbell Single Arm Tricep Kickback x 10 EA

