

Upper Body Workout



from Brandon Smith

This workout will challenge you mentally and push you past your comfort zone as it increases your upper body strength, core and endurance.

Equipment required:

1. Dumbbells
2. TRX Straps
3. Flat bench

Perform each exercise with the required reps then move on to the next exercise. When done you will have completed 4 sets of all the exercises.

Time: 30-40 minutes

EXERCISE	REPS/ DURATION	DESCRIPTION
Dumbell Chest Press	10 reps	
Burpees	10 reps	Push ups optional
TRX Rows	20 reps	
Isometric Bicep Curl	10 reps per arm	Hold while performing a hammer curl to shoulder press with other arm
Dumbell Shoulder Front and Lateral Raises	10 reps	
Tricep Dips	20 reps	
Leg Lifts on Bench	15 reps plus 5 second hold	With a hold on the last rep