

TRAININGPAD

EXERCISE JOURNAL UPPER BODY

- ALWAYS WARM UP BEFORE WORKOUT (5 minutes minimum)
- ENSURE THAT YOU LEAVE YOURSELF ENOUGH TIME FOR A PROPER COOL DOWN (5 min. minimum)
- STRETCH AFTER EVERY WORKOUT
- IF YOU DON'T MAINTAIN FORM THROUGH THE REPS THEN ADJUST WEIGHT ACCORDINGLY.
- *BW* (body weight), *BB* (bar bell), *DB* (dumbbell), *KB* (kettle bell), *r* (reps), *h* (hold)

| EXERCISES #1 (2-3 SETS) | SUGGESTED WEIGHT | NOTES |
|--|------------------|-------|
| DB Flat Chest Press (15-20r)(10-12r) Ss DB Flat Chest Flies (20r) | | |
| REST 30-40 sec | | |
| DB Bent Over Narrow Row(15-20r)(12r) Ss DB Rear Flies (20r) | | |
| REST 30-40 sec | | |
| Narrow Pushups (15-20r)(10-12r) Ss DB Ball Incline Flies (20r) | | |
| REST 30-40 sec | | |
| Band Wide Pulldown (15-20r)(8-10) Ss Band Pullovers (20r) | | |
| REST 30-40 sec | | |
| DB Arnold Press (15-20r)(12r) Ss DB Front Raises (20r) | | |
| REST 30-40 sec | | |
| DB Bent Over Wide Row (15-20r)(10-12r) Ss DB External Rotations (20r) | | |
| REST 30-40 sec | | |
| DB Mat Close Chest Press (15-20r)(10-12r) Ss Dips on Bench or Chair (30r) | | |
| REST 30-40 sec | | |
| DB Hammer Curls (15-20r)(10-12r) Ss DB Overhead Extensions (20r) | | |