

20 Minute Upper Body + Cardio Mix (Push Muscle Focus)

Description: This upper body strength workout has cardio exercises woven into the routine for a super effective workout that will tone your shoulders, triceps, and chest, while elevating your heart rate to increase cardiovascular stamina and burn calories.

Club Area: Free-weight Area

Equipment Needed: Light weight set of dumbbells

Judgement Free Tip: Strength training workouts are all about Range of Motion (ROM). The greater your ROM the more effective the exercise becomes!



Need Help?

All our exercises can be found on the PF App. Just click on 'Workouts' then 'Tutorials' and search for the exercise you want. It's that easy!

Warm-up/30 sec each

1. Neck Circles
2. Shoulder Circles
3. Shoulder Shrugs
4. Jumping Jacks

Main Workout(60:30:30)

For each strength exercise perform the movement for 60 seconds, followed immediately by 30 seconds of the cardio exercise. After the full 60 seconds of work, then rest for 30 seconds before moving onto the next exercise.

- Strength: DB Chest Press
+ **Modification** - Perform with no weight and push palms together
- Cardio: Mtn. Climbers
+ **Modification** - Perform at a slower pace
- Strength: DB Shoulder Press
+ **Modification** - Perform with no weight and push palms together
- Cardio: Plank Jacks
+ **Modification** - Perform at a slower pace and alternate one leg at a time
- Strength: DB Triceps Extension
+ **Modification** - Perform with no weight and push palms together
- Cardio: Plank Jack w/ Reach
+ **Modification** - Perform the plank from the elbow and hold
- Strength: DB Chest Fly
+ **Modification** - Perform with lighter weight and concentrate on slower pace

- Cardio: Mtn. Climbers
+ **Modification** - Perform at a slower pace
- Strength: DB Front Raises
+ **Modification** - Use a lighter weight and maintain good posture
- Cardio: Plank Jacks
+ **Modification** - Perform at a slower pace and alternate one leg at a time
- Strength: DB Triceps Kickbacks
+ **Modification** - Perform with lighter weight and concentrate on slower pace
- Cardio: Plank Jack w/ Reach
+ **Modification** - Perform the plank from the elbow and hold

Cool-down/30 sec each

1. Shoulder Stretch
2. Chest Huggers
3. Triceps Stretch
4. Neck Circles