

20 MINUTE UPPER BODY + CARDIO MIX (PUSH MUSCLE FOCUS)



Description: Upper body strength routine will tone shoulders, triceps and chest. Cardio bursts will elevate heart rate and increase stamina.

Club Area: Free Weight Area

Equipment Needed: Light weight set of dumbbells

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

:30

Neck Circles

:30

Shoulder Circles

:30

Shoulder Shrugs

:30

Jumping Jacks

MAIN WORKOUT

:60 STRENGTH: DB Chest Press

+ Modification - Perform with no weight and push palms together

:30 CARDIO: Mtn. Climbers

+ Modification - Perform at a slower pace

30 SEC REST

:60 STRENGTH: DB Shoulder Press

+ Modification - Perform with no weight and push palms together

:30 CARDIO: Plank Jacks

+ Modification - Perform at a slower pace and alternate one leg at a time

30 SEC REST

:60 STRENGTH: DB Triceps Extension

+ Modification - Perform with no weight and push palms together

:30 CARDIO: Plank Jack w/ Reach

+ Modification - Perform the plank from the elbow and hold

30 SEC REST

:60 STRENGTH: DB Chest Fly

+ Modification - Perform with lighter weight and concentrate on slower pace

:30 CARDIO: Mtn. Climbers

+ Modification - Perform at a slower pace

30 SEC REST

:60 STRENGTH: DB Front Raises

+ Modification - Use a lighter weight and maintain good posture

:30 CARDIO: Plank Jacks

+ Modification - Perform at a slower pace and alternate one leg at a time

30 SEC REST

:60 STRENGTH: DB Triceps Kickbacks

+ Modification - Perform with lighter weight and concentrate on slower pace

:30 CARDIO: Plank Jack w/ Reach

+ Modification - Perform the plank from the elbow and hold

30 SEC REST

COOL-DOWN

30 sec each

:30

Shoulder Stretch

:30

Chest Huggers

:30

Triceps Stretch

:30

Neck Circles