

20 Minute Upper Body Strength

Description: This upper body workout will help strengthen your chest, shoulders, and triceps which are considered the 'Push' muscle group.

Club Area: Free weights

Equipment Needed: Dumbbells (15 lbs) / Adjustable Bench

Judgement Free Tip: Form & technique are always more important than how much weight you use. Focus on performing the exercise safely and slowly progress when you're ready.



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. Shoulder Shrug to Press
2. Chest Press Openers
3. Overhead Shoulder Rotation
4. Jumping Jacks

Main Workout

1. Chest (2 x 10-12)

Perform each exercise twice (2x) with a repetition range of 10-12 reps. Once you complete both sets, move onto the next exercise.

- Flat Dumbbell Chest Press
+ **Modification** - Perform the movement with lighter weights
- Incline Dumbbell Chest Press
+ **Modification** - Instead of using weights, you can press your palms firmly together and perform the same movement
- Incline Dumbbell Chest Flies
+ **Modification** - Try just doing chest openers without weight to make sure you can achieve your desired ROM (Range of Motion)

2. Shoulder (2 x 12-15)

Perform each exercise twice (2x) with a repetition range of 12-15 reps. Once you complete both sets, move onto the next exercise.

- Seated Dumbbell Shoulder Press
+ **Modification** - Instead of rotating the weights, try just pressing the weights directly above your head

- Dumbbell Front Raises

+ **Modification** - Perform the movement with lighter weights

- Dumbbell Lateral Raise w/ Rotation

+ **Modification** - To decrease the intensity, try performing a lateral raise without rotating the weights

3. Triceps (2 x 12-15)

Perform each exercise twice (2x) with a repetition range of 12-15 reps. Once you complete both sets, move onto the next exercise.

- Dumbbell Single-Arm Triceps Extension (Right & Left)
+ **Modification** - Try performing this move from a seated position and using your free hand to support the weight in the other
- Dumbbell Kickbacks
+ **Modification** - Don't use weights, just perform bench dips

Cool-down/30 sec each

1. Huggers
2. Triceps Stretch
3. Chest Openers

