

20 MINUTE UPPER BODY STRENGTH



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

Club Area: Free Weight Area

Equipment Needed: Dumbbells (15 lbs) / Adjustable Bench

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

Shoulder Shrug to Press

:30

Chest Press Openers

:30

Overhead Shoulder Rotation

:30

Jumping Jacks

MAIN WORKOUT

2 SETS of each exercise

CHEST

(2X) 10-12 REPS Flat Dumbbell Chest Press

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

(2X) 10-12 REPS Incline Dumbbell Chest Press

+ **Modification** - Instead of using weights, you can press your palms firmly together and perform the same movement

(2X) 10-12 REPS Incline Dumbbell Chest Flies

+ **Modification** - Try just doing chest openers without weight to make sure you can achieve your desired ROM (Range of Motion)

SHOULDER

(2X) 12-15 REPS Seated Dumbbell

Shoulder Press

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

(2X) 12-15 REPS Dumbbell Front Raises

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

(2X) 12-15 REPS Dumbbell Lateral Raise w/ Rotation

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

TRICEPS

(2X) 12-15 REPS 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

(2X) 12-15 REPS Dumbbell Kickbacks

+ **Modification** - Don't use weights, just perform bench dips

COOL-DOWN

30 sec each

:30

Huggers

:30

Triceps Stretch

:30

Chest Openers