

# Workout

## UPPER BODY



### **FIRST STEPS**

Benchpress

Sets: 8 Reps: 12 Tempo: 2010 Rest: 60sec



### **SECOND STEPS**

Standing biceps curl

Sets: 5 Reps: 12 Tempo: 2110 Rest: 10sec



### **THIRD STEPS**

Incline dumbbell flye

Sets: 5 Reps: 12 Tempo: 2010 Rest: 10sec



### **FOURTH STEPS**

Triceps extension

Sets: 5 Reps: 12 Tempo: 2010 Rest: 10sec



Intermediate