

Workout

UPPER BODY



FIRST STEPS

Benchpress

Sets: 10 Reps: 12 Tempo: 2010 Rest: 60sec



SECOND STEPS

Standing biceps curl

Sets: 8 Reps: 12 Tempo: 2110 Rest: 10sec



THIRD STEPS

Incline dumbbell flye

Sets: 8 Reps: 12 Tempo: 2010 Rest: 10sec



FOURTH STEPS

Triceps extension

Sets: 8 Reps: 12 Tempo: 2010 Rest: 10sec



Advanced