

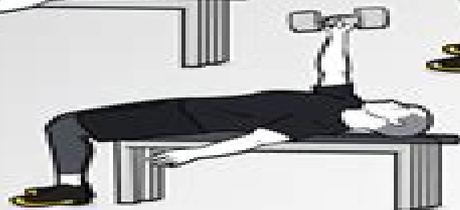
# UPPER BODY WORKOUT FOR BEGINNERS

002



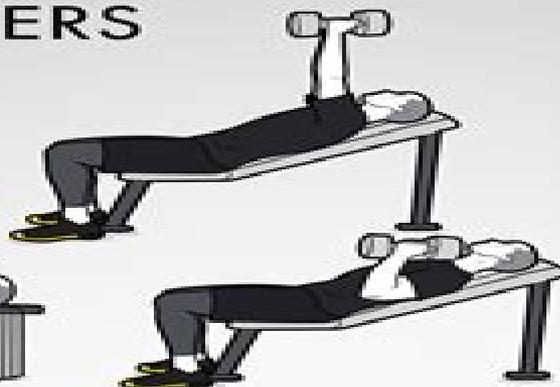
**Single Arm DB Press**

12 reps/side • 3 sets • rest 45 secs



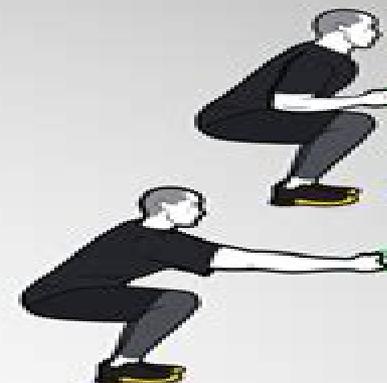
**Incline DB Press**

10 reps • 3 sets • rest 45 secs



**Static Squat Band Rows**

12 reps/side • 3 sets • rest 45 secs



**Bench Supported Rows**

15 reps • 3 sets • rest 45 secs



**Lying Lateral Raises**

12 reps/side • 3 sets • rest 30 secs



## Workout Instructions:

Complete the required sets of each exercise before you move on to the next one.

# Expert Home Workout For Beginners For Students 5230

**Tao Wei**



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