

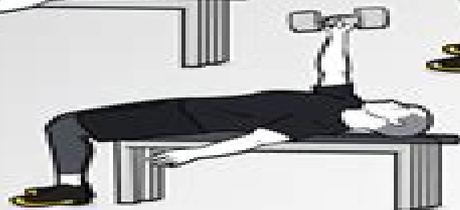
UPPER BODY WORKOUT FOR BEGINNERS

002



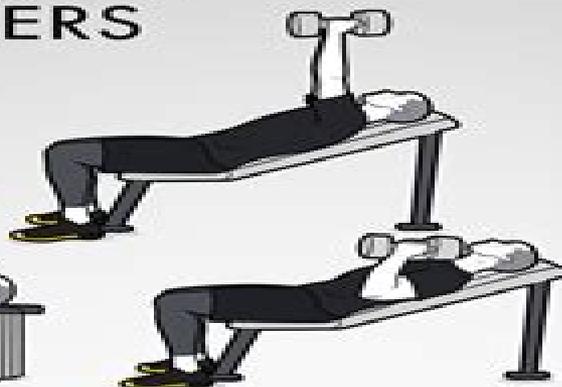
Single Arm DB Press

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.

Pro Home Workout For Students For Beginners 2830

M Carnoy



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Resources in Education ,1987 *The Gospel in All Lands* ,1881 *The College Handbook* ,1986 *Journal of the Medical Society of New Jersey* Medical Society of New Jersey,1927 *O.A.C. Alumnus* ,1924 **Congressional Record** United States. Congress,1990 The Congressional Record is the official record of the proceedings and debates of the United States Congress It is published daily when Congress is in session The Congressional Record began publication in 1873 Debates for sessions prior to 1873 are recorded in The Debates and Proceedings in the Congress of the United States 1789 1824 the Register of Debates in Congress 1824 1837 and the Congressional Globe 1833 1873 Accordion World ,1950

Parliamentary Papers Great Britain. Parliament. House of Commons,1888 Elementary Education Acts ,1888

Music and Musicians ,1922 **The World's Chronicle** Eleanor Atkinson,Francis B. Atkinson,Lewis A. Convis,1901

"The" Athenaeum ,1882 *School* ,1927 The Athenæum James Silk Buckingham,John Sterling,Frederick Denison Maurice,Henry Stebbing,Charles Wentworth Dilke,Thomas Kibble Hervey,William Hepworth Dixon,Norman Maccoll,Vernon Horace Rendall,John Middleton Murry,1882 **Mining Journal, Railway & Commercial Gazette** ,1905 Provider ,1991 **Iron & Coal Trades Review** ,1924 Vol 115 includes Diamond jubilee issue 1867 1927 Lovejoy's College Guide ,1968 A complete reference book to American colleges and universities for use by students parents teachers and guidance counselors **New Society** ,1967 **The Farmer's Weekly** ,1924

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