

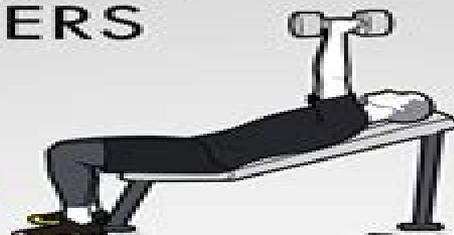
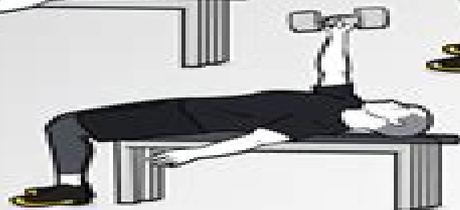
UPPER BODY WORKOUT FOR BEGINNERS

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.

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