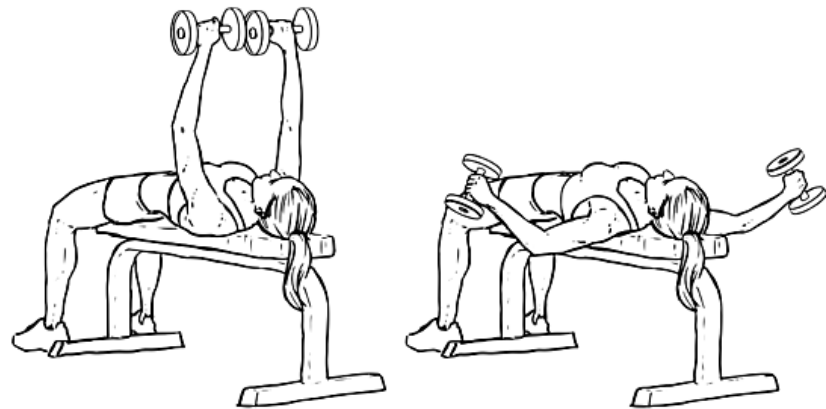


# Imagine **ADVANCED** Upper Body Workout A

## Chest:

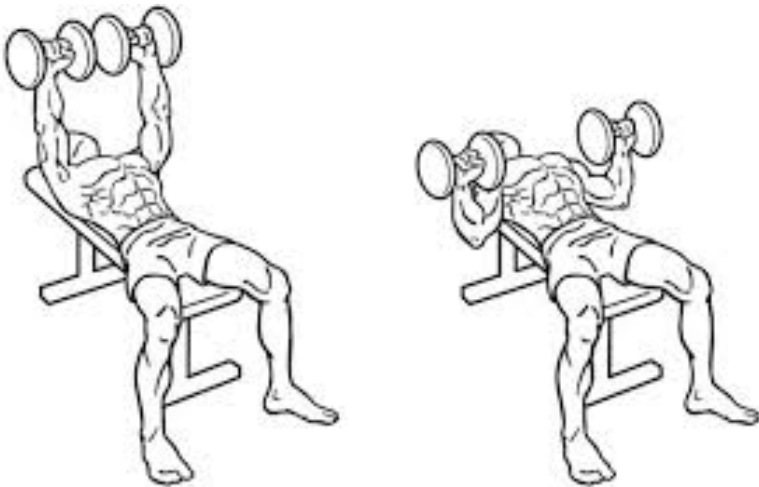
### Dumbbell Flies

12 reps with 8 pounds, rest one minute  
10 reps with 10 pounds, rest one minute  
8 reps with 12 pounds, rest one minute  
6 reps with 15 pounds, rest one minute  
12 reps with 8 pounds, no rest break  
12 reps with 8 pounds  
Two minute break



WorkoutLabs.com

### Dumbbell Press



12 reps with 8 pounds, rest one minute  
10 reps with 10 pounds, rest one minute  
8 reps with 12 pounds, rest one minute  
6 reps with 15 pounds, rest one minute  
12 reps with 8 pounds, no rest break  
12 reps with 8 pounds  
Two minute break

# Back

## Back Crunch

(no weights needed)  
12 reps, rest one minute  
10 reps, rest one minute  
8 reps, rest one minute  
6 reps, rest one minute  
12 reps, rest one minute  
12 reps  
Two minute break



WorkoutLabs.com

## One Arm Row



WorkoutLabs.com

12 reps with 8 pounds, rest one minute  
10 reps with 10 pounds, rest one minute  
8 reps with 12 pounds, rest one minute  
6 reps with 15 pounds, rest one minute  
12 reps with 8 pounds, no rest break  
12 reps with 8 pounds

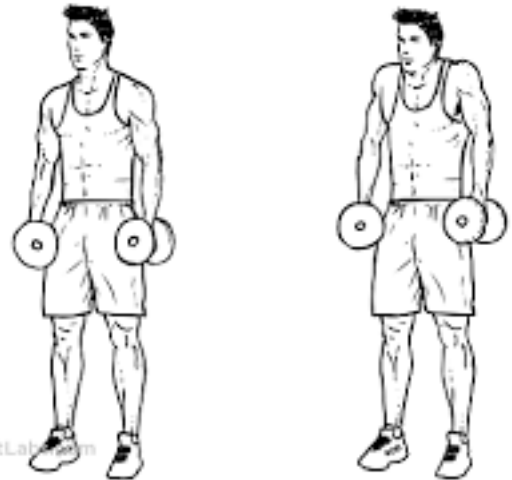
Two minute break; repeat with opposite arm

(Alternatively, do right arm, then left arm at each set of repetitions and skip the rests between sets)

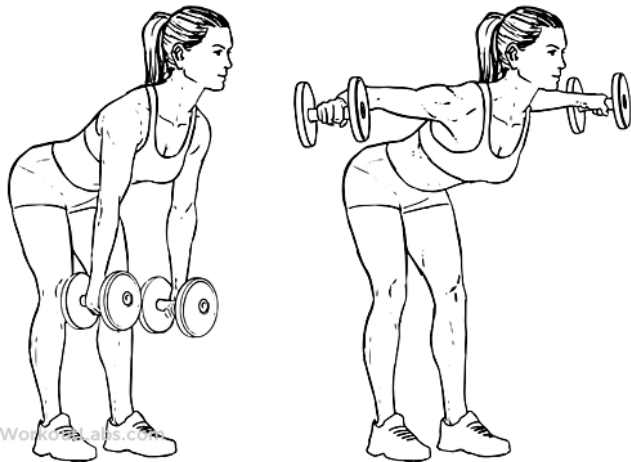
# Shoulders

## Shrugs

12 reps with 8 pounds, rest one minute  
10 reps with 10 pounds, rest one minute  
8 reps with 12 pounds, rest one minute  
6 reps with 15 pounds, rest one minute  
12 reps with 8 pounds, no rest break  
12 reps with 8 pounds  
Two minute break



## Rear Deltoid Lifts



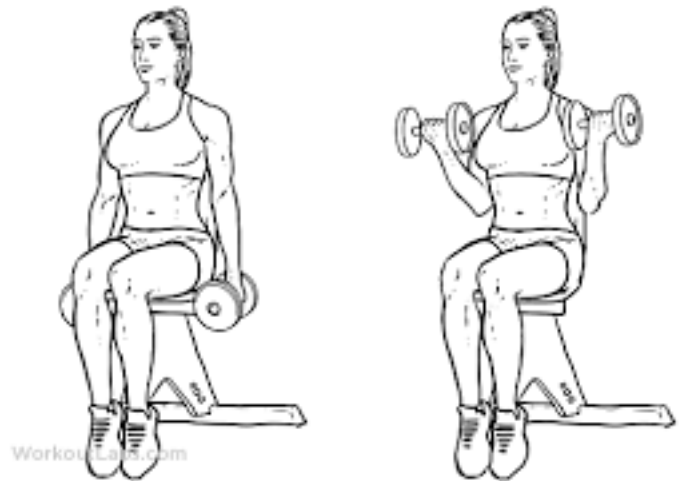
12 reps with 8 pounds, rest one minute  
10 reps with 10 pounds, rest one minute  
8 reps with 12 pounds, rest one minute  
6 reps with 15 pounds, rest one minute  
12 reps with 8 pounds, no rest break  
12 reps with 8 pounds  
Two minute break

# Biceps

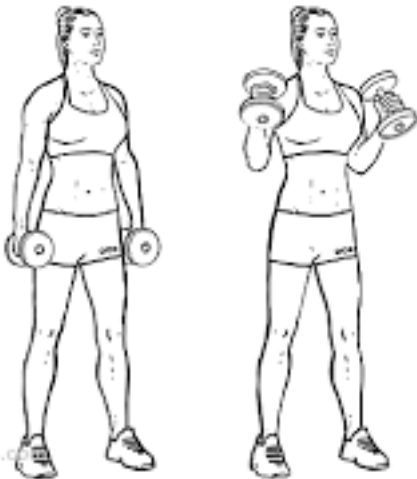
## Dumbbell curls

(lift weights with palms facing ceiling)

12 reps with 8 pounds, rest one minute  
10 reps with 10 pounds, rest one minute  
8 reps with 12 pounds, rest one minute  
6 reps with 15 pounds, rest one minute  
12 reps with 8 pounds, no rest break  
12 reps with 8 pounds  
Two minute break



## Dumbbell Hammer Curls



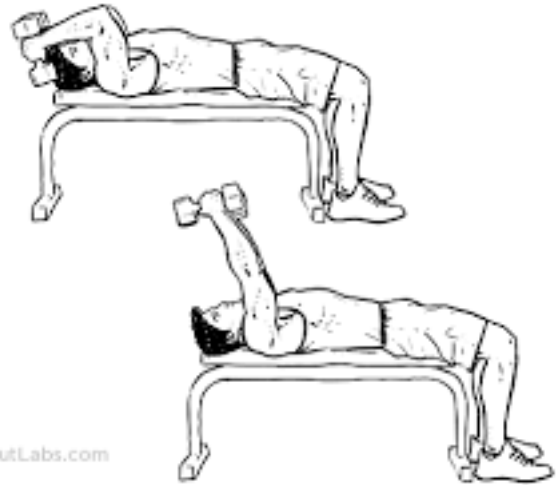
(same exercise as above, but lift weights with your palms facing each other/center)

12 reps with 8 pounds, rest one minute  
10 reps with 10 pounds, rest one minute  
8 reps with 12 pounds, rest one minute  
6 reps with 15 pounds, rest one minute  
12 reps with 8 pounds, no rest break  
12 reps with 8 pounds  
Two minute break

# Triceps:

## Tricep Extensions

12 reps with 8 pounds, rest one minute  
10 reps with 10 pounds, rest one minute  
8 reps with 12 pounds, rest one minute  
6 reps with 15 pounds, rest one minute  
12 reps with 8 pounds, no rest break  
12 reps with 8 pounds  
Two minute break



## Dips

(Uses your own bodyweight)

12 reps, rest one minute  
10 reps, rest one minute  
8 reps, rest one minute  
6 reps, rest one minute  
12 reps, rest one minute  
12 reps



*And....DONE!*

# Imagine CHALLENGE Upper Body Workout A

If the weights listed in the ADVANCED list are not challenging for you at all, it's time to set your own weight increments. Listen to your body, and consult a fitness professional for further advice. In the Imagine CHALLENGE workouts, two exercises are chosen from each category at higher weight increments you determine yourself.

To determine what weight you'll start with, find the maximum weight that you can do the exercise--slowly and at the full range of motion--for six repetitions. Please don't choose the biggest weight you think you can handle to start. Check out a weight below what you think your max is, try it six times, see how it goes. Too easy? Try a slightly heavier weight. Again, if you find it's not challenging you at all, go a bit heavier, and repeat until you find one that you find to challenge your limit, without sacrificing form or slow, even lifting.

Once you've found that sweet maximum weight just suited to your musculature, work backward to find your starting weight: decrease incrementally by 2-5 pounds for each of the starting sets: Three, Two, and One. The same lowest weight is what you'll use for your warm-up Set One, and your two cool-downs, Set Five and Set Six. To clarify, let's frame it as an example.

Let's say, for our example, that you are able to do six repetitions of the dumbbell press with 25-pound weights--slowly, and without sacrificing your full range of motion, without pain or strain, AND without having to drop the weights at uncontrolled speed on the return! If that's the case, then 25 pounds becomes your peak weight for that particular exercise, the weight you'll lift six times. So, for that exercise, your maximum lift would be 25 pounds. First you'd warm up your muscles by lifting less. And after lifting your highest weight, you'd cool your muscles down again by lifting lower weights before moving on to the next exercise.

For this example your dumbbell press progression might look like this:

- Set One: 12 reps with 15-pound weights, rest one minute
- Set Two: 10 reps with 18-pound weights, rest one minute
- Set Three: 8 reps with 20-pound weights, rest one minute
- Set Four: 6 reps with 25-pound weights, rest one minute
- Set Five: 12 reps with 15-pound weights, rest one minute
- Set Six: 12 reps with 15-pound weights

Periodically, you might find your maximum weight doesn't feel like your max anymore. At that point, go through the slow process of testing to see what your new max is. A general rule of thumb is to never increase workouts by more than 10% week over week. So, if you were maxing out at 25 pounds, you could add another 2.5 next week. Jumping up to, say, 35 pounds would entail the risk of unnecessary injury and pain. That 35-pound dumbbell isn't going anywhere; it'll wait patiently for you to get to it safely.