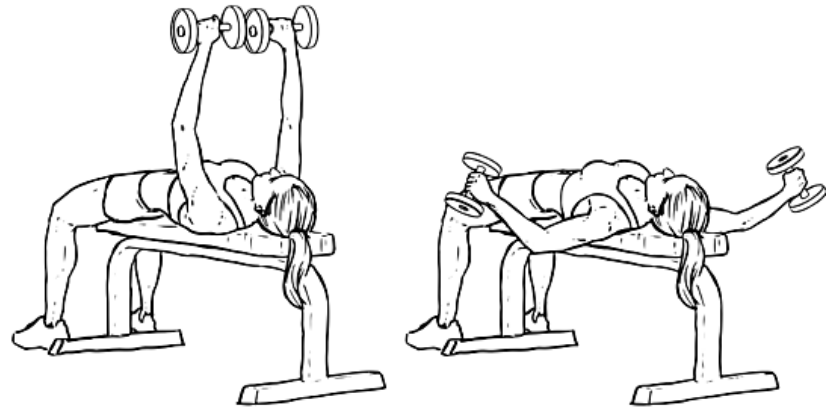


Imagine BASIC Upper Body Workout A

Chest:

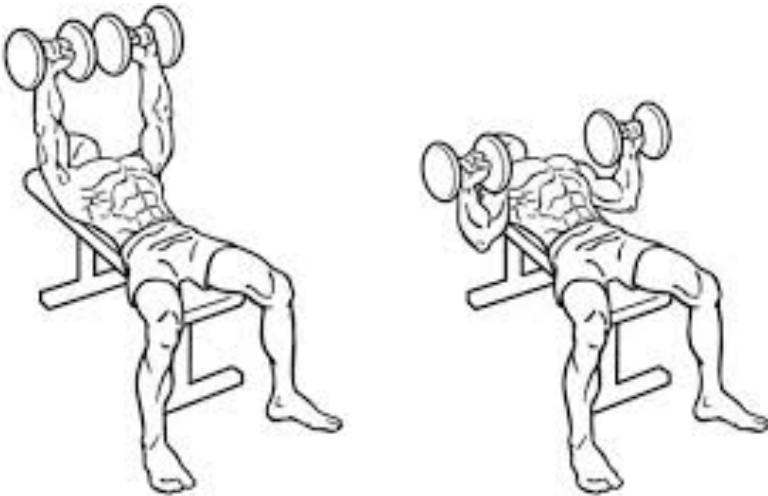
Dumbbell Flies

12 reps with 3 pounds, rest one minute
10 reps with 5 pounds, rest one minute
8 reps with 8 pounds, rest one minute
6 reps with 10 pounds, rest one minute
12 reps with 3 pounds, no rest break
12 reps with 3 pounds
Two minute break



WorkoutLabs.com

Dumbbell Press



12 reps with 3 pounds, rest one minute
10 reps with 5 pounds, rest one minute
8 reps with 8 pounds, rest one minute
6 reps with 10 pounds, rest one minute
12 reps with 3 pounds, no rest break
12 reps with 3 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

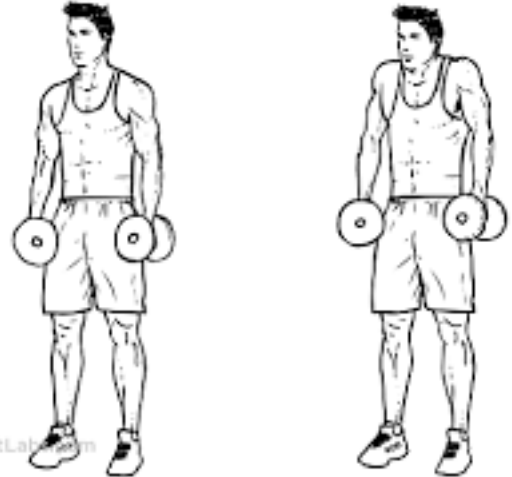
12 reps with 3 pounds, rest one minute
10 reps with 5 pounds, rest one minute
8 reps with 8 pounds, rest one minute
6 reps with 10 pounds, rest one minute
12 reps with 3 pounds, no rest break
12 reps with 3 pounds
Two minute break; repeat with opposite arm

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

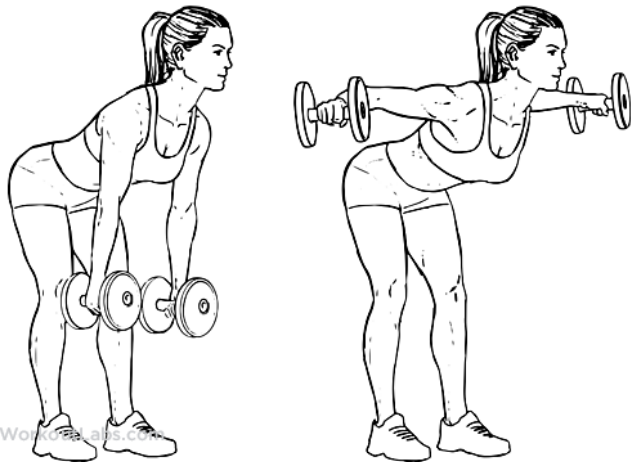
Shoulders

Shrugs

12 reps with 3 pounds, rest one minute
10 reps with 5 pounds, rest one minute
8 reps with 8 pounds, rest one minute
6 reps with 10 pounds, rest one minute
12 reps with 3 pounds, no rest break
12 reps with 3 pounds
Two minute break



Rear Deltoid Lifts



12 reps with 3 pounds, rest one minute
10 reps with 5 pounds, rest one minute
8 reps with 8 pounds, rest one minute
6 reps with 10 pounds, rest one minute
12 reps with 3 pounds, no rest break
12 reps with 3 pounds
Two minute break

Biceps

Dumbbell curls

(lift weights with palms facing ceiling)

12 reps with 3 pounds, rest one minute

10 reps with 5 pounds, rest one minute

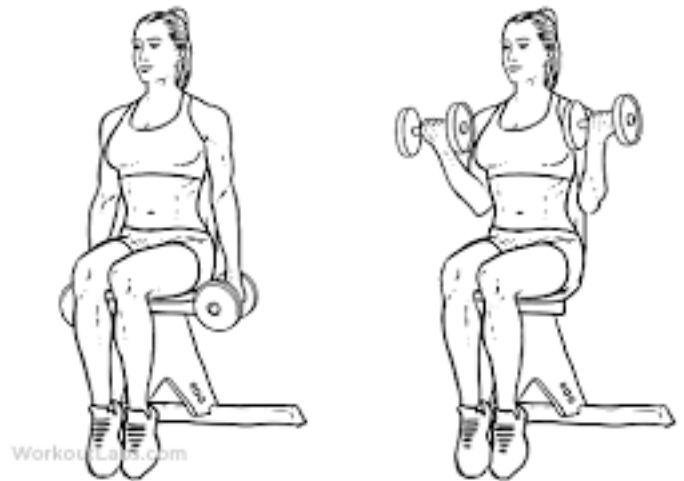
8 reps with 8 pounds, rest one minute

6 reps with 10 pounds, rest one minute

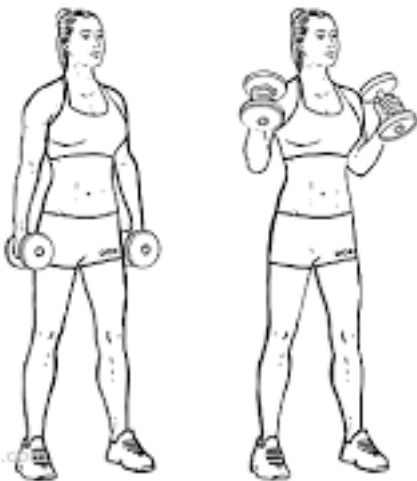
12 reps with 3 pounds, no rest break

12 reps with 3 pounds

Two minute break



Dumbbell Hammer Curls



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

12 reps with 3 pounds, rest one minute

10 reps with 5 pounds, rest one minute

8 reps with 8 pounds, rest one minute

6 reps with 10 pounds, rest one minute

12 reps with 3 pounds, no rest break

12 reps with 3 pounds

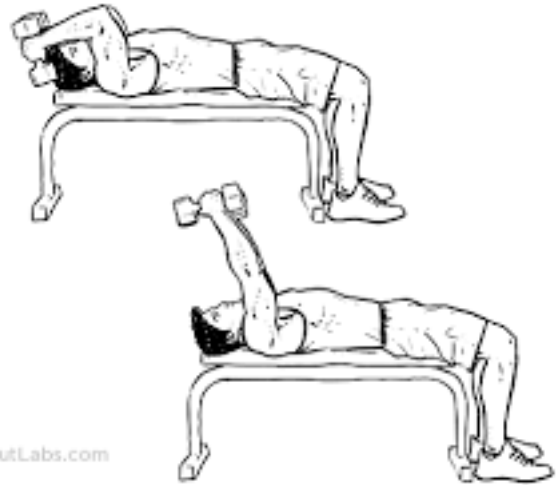
Two minute break

Triceps:

Tricep Extensions

12 reps with 3 pounds, rest one minute
10 reps with 5 pounds, rest one minute
8 reps with 8 pounds, rest one minute
6 reps with 10 pounds, rest one minute
12 reps with 3 pounds, rest one minute
12 reps with 3 pounds

Two minute break



Dips

(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



And....DONE!