

UPPER BODY WORKOUT

WILLIAM G. MCARTHUR 9/27/2011

- Warm-up with 3 Sun Salutations
- Warm-up with 10 lb. dumbbells
 - 20 bicep curls (standing)
 - 20 tricep kick-backs (kneeling)
 - 20 shoulder presses, alternating (standing)
- Set with 20 lb. dumbbells
 - 15 bicep curls (standing)
 - 15 tricep kick-backs (kneeling)
 - 10 shoulder presses, alternating (standing)
- Abs
 - 100 crunches
 - 50 oblique crunches on each side
 - 50 alternating oblique crunches
 - knee-chest stretch
 - straight leg stretch out with feet flexed in
- 25 pushups
- Set with 20 lb. dumbbells
 - 15 bicep curls (standing)
 - 15 tricep kick-backs (kneeling)
 - 10 shoulder presses, alternating (standing)
- Set with 20 lb. dumbbells
 - 20 supine presses, elbows in
 - 20 supine presses, elbows out
- Set with 20 lb. dumbbells
 - 15 bicep curls (standing)
 - 20 tricep kick-backs (kneeling)
 - 10 shoulder presses, alternating (standing)