






HOME EXERCISE PRGOGRAMME (UPPER BODY)

Goal:	Complete Upper Body Toning
Trainer name:	Benine
Date:	March 30, 2020

UPPER BODY WORKOUT			
CHEST			
EXERCISE	SETS	REPS	NOTES/ILLUSTRATION
Dumbbell Chest Press	3	15	
Push Ups	3	12	
Dumbbells Flies	3	15	

BACK

Bent Over Row	3	15	
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Bent Over Flies	3	12	
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Upright Row	3	15	
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SHOULDERS



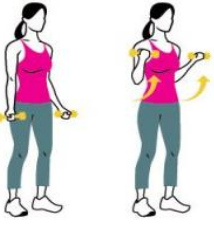

Shoulder Press	3	10	
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Lateral Raises	3	10	
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Frontal Raises	3	10	
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TRICEPS

Tricep Kick Backs	3	15	
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Tricep Extension	3	15	
Tricep overhead extension	3	15	
TRICEPS			
Bicep Curls	3	15	
Hammer Curls	3	15	
Horizontal Bicep Curls	3	15	