

COACH BRIAN 4/18/2020-

Arms, Upper Back and Shoulders Workout

Each exercise is 15 Reps

Dumbbells can be substituted with Water bottles, (filled with water or sand) Canned Products

- *To begin, - Do the **Stretching Video** to warm-up and remember to do the same video to cool down*
- *DUMBBELL SHRUGS*
- *OVERHEAD DUMBBELL SHRUGS*
- *STANDING DUMBBELL CURL*
- *TWISTING STANDING DUMBBELL CURL*
- *HAMMER CURL TO PRESS*
- *SEATED DUMBBELL OVERHEAD TRICEPS EXTENSION*
- *DUMBBELL KICKBACK (BACKARMS) ON BENCH OR CHAIR*
- *FARMERS WALK (MORE THAN 60SECS ADD MORE WEIGHT)*
- *DUMBBELL ALTERNATING SHOULDER PRESS AND TWIST*
- *BREAK*
- *(REST 1 MINUTE AND 30 SECONDS ,DEEP BREATHS,DRINK WATER)*
- *DUMBBELL ROWS*
- *SINGLE LEG SINGLE ARM ROTATIONAL DUMBBELL ROW*
- *REAR LATERAL ROW (FLIES)*
- *PUSHUPS*
- *DIPS*
- *STAGGERED PUSHUPS 10 SECOND HOLD*
- *STAGGERED BURPEES 10 SECONDS*
- *REPEAT FROM THE TOP OF ROUTINE*