

10-MINUTE UPPER BODY BLAST

STRONGER WITH EVERY
WORKOUT

Perform each exercise one after the other with no rest in between. Repeat the circuit for a total of 2 times with a 1-minute rest in between circuits.

Warm-Up

In and Out Bicep Curl - 15 reps

Tricep Dip - 10-12 reps

Upright Row - 12-15 reps

Hammer Curl - 15 reps

Side Tri Rise - 12-15 reps each arm

Mac Raise - 6-8 reps each side

Cool Down



Remember to download the Exercise Index.