

# UPPER BODY PROGRAMME

EXERCISE	SETS	REPS	WEIGHT	DESCRIPTION
Cross Trainer (warm up)	1	/		Pick a challenging level and complete 30 sec sprints with slower pace in between for a total of 10 mins
Plank up-downs	3	45 secs	Choose suitable weight for your experience	In low plank position on knees or toes, push one arm straight then the other and back down one by one. Repeat for time
Dumbbell Shoulder Press	3	10		Sitting on a bench, raise weights to shoulder height and spread elbows. Push over head and lower to start position
Military Plank	3	45 secs		High plank hold with hands under shoulders and core braced
Lateral Raises	3	10		Using dumbbells, rest your hands at sides and raise both arms out straight in a T shape in line with shoulder. Slowly return