

## *Upper Body Workout*

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>
<b>Bicep curl to shoulder Press</b>	<b>5</b>	<b>15</b>
<b>Bicep Curls</b>	<b>5</b>	<b>15</b>
<b>Incline Chest Press</b>	<b>5</b>	<b>15</b>
<b>Bent Over Triceps Kickbacks</b>	<b>5</b>	<b>15</b>
<b>Bent Over Rows</b>	<b>5</b>	<b>15</b>

**Circuit Training:** Do all 5 exercises, 15 reps without resting to complete one Set. Then rest and start the circuit over again to complete all 5 sets.