
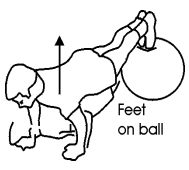


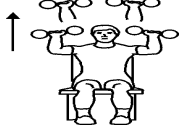



# Sculpted Upper Body Program

## Warm-up/Cardio

5 minutes of cardio unless already exercising  
 1 minute easing into *Target Heart Rate Zone*  
 3 minutes within *Target Heart Rate Zone*  
 1 minute slowing pace down (Recovery)

## Stretch

Shoulders Biceps and Triceps					
		Sets	Reps	Description	Pictures
Superset	Front Raises	2	12	Stand with feet shoulder width apart, knees soft. Raise arms to shoulder height in front of body with palms facing down.	
	Push Ups feet/leg on the ball	2	12	Start by kneeling behind ball, roll out onto ball until it is at the thighs (level 1), shins (level 2), or toes (level 3). Wrists under shoulders perform push-ups.	
	Bicep Curls on the ball	2	12	Kneel behind ball and place abs on ball leaning into it. Palms facing up perform bicep curls	
60 sec rest between supersets					
Superset	Lateral Raises on the ball	2	12	Sitting tall on the ball with Abs contracted, raise arms at sides of body to shoulder height only.	
	Shoulder Press	2	12	Sitting on bench or ball, perform shoulder press by bringing arms up above head and dumbbells together, lower down to shoulder height, elbows at a 90 degree angle.	
	Triceps Dips	2	12	Legs up on bench, ball or just extended away from the body. Dip down, bringing elbows to 90 degrees.	

## Stretch

Full body stretch - all major muscle groups

