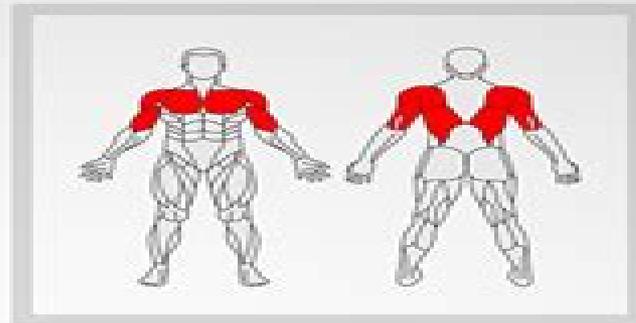


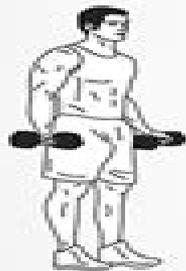
# UPPER BODY

## SCULPT

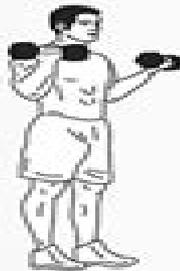


WORKOUT © darebee.com

**SET 1** 20 reps **SET 2** 15 reps **SET 3** 10 reps each exercise  
rest between sets up to 2 minutes



bicep curls



shoulder press



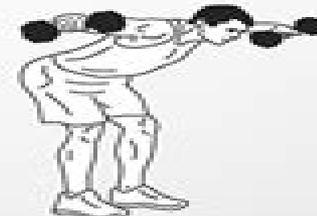
tricep extensions



bent over rows



bent over raises



# Upper Body Workout

**Mark Lauren, Joshua Clark**



## **Upper Body Workout:**

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**The Pocket Idiot's Guide to a Great Upper Body** Thomas Seabourne, Tom Seabourne, 2005 A tight well developed upper body chest arms and neck is key to looking and feeling your best Fitness expert Tom Seabourne gives readers the easiest and most effective program for losing fat and tightening and building upper body muscles This handy pocket guide is fully illustrated with exercise photos and is rich with diet and workout tips It s the book that any beginner will need to get in shape with the least amount of time and effort Exercise principles that prepare for a safe effective workout Targeted exercises that let men and women focus on problem areas Exercises that fit the reader s schedule at home at work or in the gym Workout plan that puts individual exercises to work together

*Strong Arms* Michael Volkmar, 2020-01-28 Developed by best selling fitness author and strength and conditioning expert Mike Volkmar Strong Arms is the comprehensive guide for developing strength and power in your upper body These results oriented workouts target all muscle groups from your upper body including chest arms and shoulders

**Stronger Arms & Upper Body** Joseph Wuebben, Jim Stoppani, 2008-09-12 Take your upper body workout to the next level with Stronger Arms Upper Body Muscle Fitness magazine s Joe Wuebben and Jim Stoppani PhD team up to provide the most effective exercises and programs for increasing strength definition power and size Targeting the development of shoulders arms upper back chest and abdominals Stronger Arms Upper Body features over 100

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