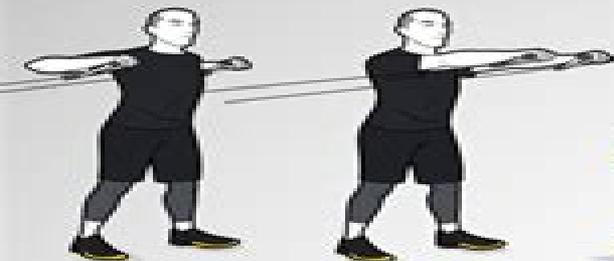


UPPER BODY WORKOUT FOR BEGINNERS

001



Cable Chest Press

15 reps • 3 sets • rest 45 secs



Push Ups

10 reps • 3 sets • rest 45 secs



Single Arm Rows

12 reps/side • 3 sets • rest 45 secs



Lat Pulldown

15 reps • 3 sets • rest 45 secs



One Arm Low Pulley Cable Rows

12 reps/side • 3 sets • rest 30 secs

Workout Instructions:

Complete the required sets of each exercise before you move on to the next one.

Upper Body

S Marginson



Upper Body:

Unveiling the Power of Verbal Art: An Emotional Sojourn through **Upper Body**

In a world inundated with monitors and the cacophony of instant connection, the profound energy and mental resonance of verbal artistry often disappear into obscurity, eclipsed by the regular barrage of sound and distractions. Yet, nestled within the musical pages of **Upper Body**, a charming function of fictional beauty that impulses with organic emotions, lies an wonderful journey waiting to be embarked upon. Published by way of a virtuoso wordsmith, this magical opus courses viewers on a psychological odyssey, softly exposing the latent potential and profound affect embedded within the delicate web of language. Within the heart-wrenching expanse with this evocative analysis, we will embark upon an introspective exploration of the book is main styles, dissect their charming publishing fashion, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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