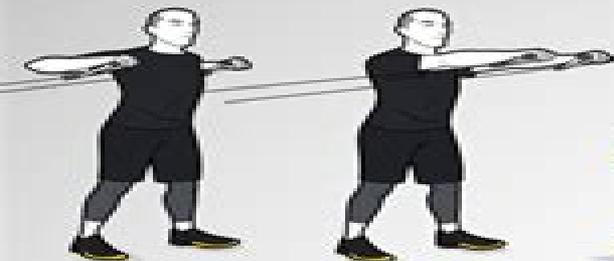


# UPPER BODY WORKOUT FOR BEGINNERS

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.

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