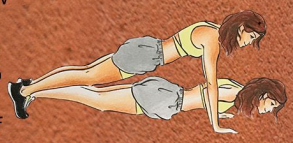
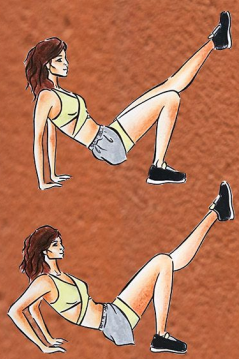
bodybykatiam

Upper Body Focus

1. Push Ups
Start from the ground with your chest and stomac flat on the floor. Bring your hands to your chest, just below your shoulders. Now push through the heels and the hands. Press up bringing the torso, the chest and the thighs off the ground in one unit. Squeeze in those abdominals. Slowly come back down to the ground as one unit.
(x 15 times)





2. Single leg tricep Dip
One knee bend and the other straight up. Bring your hands onto the ground, bend the elbows. Lowering the hips down keeping the abs and the glutes tight. Exhale up extending the elbows. You just completed 1 rep.
(x 15 times)

3. Overhead Extensions
Dumbbells in both hands. Starting position, arms are extended above your head with the elbows slightly bend. Control the way down as you bend your arms behind your head. Extend the arms back to the starting position.
(x 15 times)



4. Overhead Flies
Your back on the floor. Legs in a 90 degree position off the floor. Hold the bumdbbells with arms slightly bend over the chest and drop your arms out on the sides until they are parallel to the floor. Return back to the starting position..
(x 15 times)



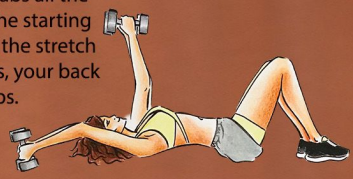
5. Bicep Curls
Start with weights in front of your thighs, with palms facing you. Keep your elbows close to your body. Shoulder back, chest up. Curl the weights up to your chest slowly and extend them back down to the starting position. Make sure the only thing moving is your forearm
(x 15 times)





Do 3 rounds of the Upper Body workout program.
After each round, go directly into a minute of rope skipping and rest for 1 minute before starting the next round.
Equipment needed: An exercise mat, a pair of dumbbells and a skipping rope.

6. Overhead Pullover
Come down to the floor. Hold the weight with both hands over your chest with arm extended and the elbows slightly bend. Inhale, as you drop the weights behind your head. Engage your abs and pull up from your abs all the way back to the starting position. Feel the stretch in your triceps, your back and in your abs.
(x 15 times)





7. Front Raise
Shoulder width stand. Dumbbells in each hands. Shoulders are pulled back. Palms facing down. Remember to keep the arms close to your body. Extend the your arms and raise them till your shoulder height. Keep your abs and glutes tight.
(x 15 times)

8. Overhead Circles
You can either do it with a medicine ball, a dumbbell or a kettlebelt. Have your feet hip width apart. Keep your knees slightly bend.
Hold the dumbbell with two hands and make it rotate around your head with the elbows slightly bend, like drawing a circle on the ceiling.
Great for upper back and shoulder.
(x 15 times in each direction)





9. Lateral Raise
Starting position is with dumbbells in each hands. Keep your arms straight as you take them up to the side at shoulder height and down to starting position.
Keep your abs and glutes tight throughout.
(x 15 times)

10. Shoulder Press
Dumbbells in hands. Hold them at shoulder level with palms facing you and as you start pushing up, rotate the wrist with palms facing outwards.
Repeat this move while keeping your abs and glutes tight.
(x 15 times)



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