

## Commit To Get Fit: Upper Body Workout



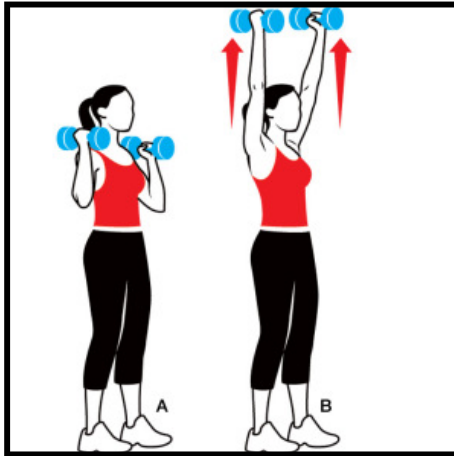
### Tricep Dips:

Can be done on bench, chair, or step. Place hands shoulder width behind you, palms down, hands facing forward. Bend at elbows to 90 degrees. 3x10



### Seated Row:

Sit on ground or on Bosu with feet extended. Wrap resistance band around ball of feet, feet flexed. Bend elbows at 90 degrees and pull elbows straight back. 3x10



### Overhead Shoulder Press:

Seated or standing. Arms start in a "goal post" position with palms facing forward. Push dumbbells straight up above shoulder. 3x10



### Push-Ups:

Place hands a bit wider than shoulder width apart. Can be done on wall, knees, or toes. Lower yourself to a 90 degree bend at the elbow. 3x10

# Commit To Get Fit: Upper Body Workout Cont.



## Bicep Band Curl:

Stand in the middle of the resistance band. Proceed with bicep curls, palms up towards the ceiling. Stick chest out and make sure shoulders stay down, away from ears. 3x10



## Lateral Raises:

Choose a light weight. Stand hip width apart, palms facing thighs. Keep arms straight and palms facing down, raises arms up to shoulder height and then back down to sides. 3x10



## Dumbbell Chest Press:

Lie on Bench or Swiss Ball with medium weight dumbbells. Palms face forward and proceed with chest press. 3x10



## Upright Rows:

Stand hip width apart. Dumbbells or barbells can be used. Lead with elbows as you proceed with the upright row, wrists below elbows at all times. 3x10