



UPPER FIX

Cheat Sheet

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3 Min Warm Up

Jogging
Jumping Jacks
Windmills Front

Windmills Back
Over the Tops Right
Over the Tops Left
Toe Touches

2 Rounds

Round One:

Bent over Row (Heavy Weights)
Transverse Twist (Light Weight)

Pushups
Forearm Plank
Hammer Curl to Shoulder Press (Heavy Weights)

5 Moves 1 Min Each 2 Times Thru

Round Two:

Lat Pullover (Heavy Weights)
Circle Crunches
Chest Press (Heavy Weights)

Scissor Twists
Front Raises (Light Weights)

1 Min Cool Down

Inhale Up / Exhale Out
Shoulder Stretch Across Right / Across Left
Tricep Stretch Behind Head Right / Down Left

Chest Stretch / Both Arms Reach Behind (15 sec)
Inhale Up / Exhale Out