

## Dumbbell Workout (Upper)

Week 2, Day 1

**Workout Notes:** Complete the prescribed number of sets and reps, taking rest as listed.

#	Exercise:	Reps:	Sets:	Rest:	Exercise Notes:
1	Standing Dumbbell Shoulder Press	6-8	4	90 secs	
2	Neutral Grip Chin-Up or Negative Chin-Up	6-8	4	90 secs	
3	Dumbbell Incline Press	8-10	3	60 secs	
4	One-Arm Dumbbell Row	8-10	3	60 secs	
5(a)	Dumbbell Flye	10-12 (each side)	2	30 secs	
5(b)	Reverse Dumbbell Flye	10-12	2	30 secs	

*Record the number of reps you managed in each set under the 'Exercise Notes' column. Use the following format: 10, 10, 9, 8 and so on...*