

## Upper Body Live Session – 03.08.2020

This session we will be doing 2 Rounds of 45 seconds on, 15 seconds off, 1-minute rest between Rounds.

Use this sheet to record your reps for each move. Make a note of the weight used too.

The aim is not to rush through the exercises, but to be able to hold the same pace through the duration without compromising the form.

We will repeat this session in September and note any improvements.

<b>Exercise</b>	<b>Round 1</b>	<b>Round 2</b>
Shoulder press		
Hammer curl		
Close grip press		
Lateral raise		
wide curls		
Front raise		

<b>Exercise</b>	<b>Round 1</b>	<b>Round 2</b>
Single arm press Left		
Single arm press Right		
Drag Rows		
Skull crushers		
Chest press		
Tricep kick backs		