

Upper body

Always view the **'before you start'** document prior to beginning.

For every **resistance** exercise, complete 3 sets of 10-15 repetitions, with a 30 second break between sets (unless otherwise stated). **Increase the repetitions to make this harder.**

For every **cardio** exercise, complete intervals of 30 seconds fast and 1 minute cool down, and repeat that 3-4 times (unless otherwise stated). **Increase the 'fast' time to make this harder.**

- 1 Chest press machine**
Alternative: Press ups, on your knees or full



- 2 Dips**
Alternative: Choose your level from the options below



- 3 Press ups**
Alternative: Try press ups on your knees



- 4 Pull down**
Alternative: Row or pull ups



- 5 Cross trainer or Rowing Machine**
Alternative: Arm bike, or any other machine that uses your arms



- 6 Shoulder press**
Alternative: Standing shoulder press with water bottles



If you feel it is getting too easy, try doing this workout **TWICE!**