

JUNE 2013 WORKOUT #2 – 10 MINUTE UPPER BODY
ALL FITNESS LEVELS

Equipment needed: mat, 2 sets of dumbbells (one lighter, one heavier), mat, water, towel, watch/timer

Be sure to warm-up and cool-down appropriately.

Exercise	Reps/Time	Notes
Perform as many rounds of the following exercises as possible in 10 minutes (with good form) – pushing as hard as you can (no pacing), and resting when you need to		
Push-ups	10	Knees or toes
Standing Dumbbell Arnold Press	10	
Bent-over double-arm row	10	
Bicep Curl	10	Both arms together
Finish with the following:		
60 seconds Row/Tricep Kickback		