PRIME LIFE FIT
LOVE YOUR LIFE AT ANY AGE!

2018 Beat the Bloat Holiday Challenge

10 Minute Upper Body

Equipment needed: dumbbells, timer

Please warm-up appropriately

Perform three rounds of the following exercises, 30 secs each. Take rest as needed.

Exercise	**Weight**	**Reps/Time**
Bent-over row	Moderate to heavy	30 secs
Row/Extend	Moderate	30 secs
Row/Fly	Moderate	30 secs
Traveling Plank Pushup	n/a	30 secs

Perform three rounds of the following exercises, 30 secs each. Take rest as needed.

Front Raise/Side Raise	Moderate	30 secs
Bench or chair dips	n/a	30 secs
V-Sit/Curl/Press	Light to Moderate	30 secs

OPTIONAL FINISHER: 1 minute pushup variations