

Fill out date, number of repetitions, and amount of weight or time by downloading the PDF, or by using the markup tool in your photo app. Follow workout in consecutive order using descriptions for proper technique and progression. Click on exercise for description and video provided by [ACE fitness library](#).



Date:

Workout Type:	Upper Body
Skill Level:	Intermediate/Advanced
Duration:	45 minutes

8-10 Repetitions for Bulk Muscle* 12-15 Repetitions for Lean Muscle*

Warm-Up: Open up back and chest by using by bringing a bar in front of and behind body 10x. Huggers 30 sec 2x. Side reaches 30 secs 2x.

Circuit 1: Move between exercises quickly without taking a break. Take a brief break before beginning the next set.

Exercise	Equipment	Repetitions	Weight	Modification	Step-It Up
1. Bent Over Row	Barbell or dumbbells	S1:	S1:	Staggered stance with a bigger bend in the knee	Hold weight at the top after each row
		S2:	S2:		
		S3:	S3:		
2. Chest Press	Bench, Dumbbells or Barbell	S1:	S1:	Place step under feet to minimize arch in the back	Slow down eccentric movement of returning to starting point of lift
		S2:	S2:		
		S3:	S3:		

Circuit 2: Move between exercises quickly without taking a break. Take a brief break before beginning the next set.

Exercise	Equipment	Repetitions	Weight	Modification	Step-It Up
1. Chin Ups	Pull-Up Bar/Assist Machine	S1:	S1:	Use a chair under one or both feet help complete lift	Hold additional weight on lower half of the body
		S2:	S2:		
		S3:	S3:		
2. Lying Chest Fly	Bench, Dumbbells	S1:	S1:	Place step under feet to minimize arch in the back	Slow down eccentric movement of returning to starting point of lift
		S2:	S2:		
		S3:	S3:		

Circuit 3: Move between exercises quickly without taking a break. Take a brief break before beginning the next set.

Exercise	Equipment	Repetitions	Weight	Modification	Step-It Up
1. Kneeling Lat Pulldown	Resistance bands/Cables	S1:	S1:	Seated machine	Isolation hold at the bottom of the lift
		S2:	S2:		
		S3:	S3:		
2. Standing Decline Cable Fly	Weight Machine/ Sectorized	S1:	S1:	Bring feet together to stabilize the core	Unilaterally – One arm at a time without rotating the trunk
		S2:	S2:		
		S3:	S3:		

Burnout: Complete the last sets of this exercise to maximum exhaustion. Take a break between sets.

Exercise	Equipment	Repetitions	Weight	Modification	Step-It Up
1. Shrugs	Barbell or Dumbbells	S1:	S1:	Closer grip – hands just outside of the hips	Slow down eccentric movement of returning to starting point of lift
		S2:	S2:		
		S3:	S3:		

Cool Down: Static Stretching of chest and back muscles. Hold each stretch for at least 20 seconds and repeat each stretch at least 3x to see maximum flexibility training.

For More Information: Visit Campus Recreation’s website to schedule a [free wellness consultation](#) or email rec@pitt.edu. If you print out the workout, or if the links are broken, visit acefitness.org and click on exercise database & library to search for the description and video of the exercises.

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