

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:

<b>Workout Type:</b>	Upper Body
<b>Skill Level:</b>	Beginner
<b>Duration:</b>	45 minutes

8-10 Repetitions for Bulk Muscle* 12-15 Repetitions for Lean Muscle*
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**Warm-Up:** 30 seconds jumping jacks x2; 30 seconds arm circles (1 forward, 1 backward); 30 seconds huggers x 2

**Circuit 1:** Complete exercises in order for two sets each. Use the first set to familiarize yourself with the motion. Use the second set to find a point of muscle fatigue before taking a break.

Exercise	Equipment	Repetitions	Weight	Modification	Step-It Up
1. <a href="#">Front Raise</a>	Dumbbells	S1:	S1:	Staggered stance	Slow down motion
		S2:	S2:		
2. <a href="#">Rotational Uppercut</a>	Dumbbells	S1:	S1:	No weights	Full body twist with lift
		S2:	S2:		
3. <a href="#">Triceps Extension</a>	Weight Machine	S1:	S1:	Step closer to machine	Slow down motion
		S2:	S2:		

**Circuit 2:** Complete exercises in order for two sets each.

Exercise	Equipment	Repetitions	Weight	Modification	Step-It Up
1. <a href="#">Lateral Raise</a>	Dumbbells	S1:	S1:	Staggered stance	Slow down motion
		S2:	S2:		
2. <a href="#">Seated Biceps Curl</a>	Bench, Dumbbells	S1:	S1:	One arm at a time	Slow down motion
		S2:	S2:		
3. <a href="#">Triceps Kickback</a>	Dumbbells	S1:	S1:	Opposite arm on thigh	Hold weight in opposite hand
		S2:	S2:		

**Circuit 3:** Complete exercises in order for two sets each.

Exercise	Equipment	Repetitions	Weight	Modification	Step-It Up
1. <a href="#">External Rotation</a>	Resistance Bands/ Cables	S1:	S1:	Step closer to machine	Pause longer before returning to start
		S2:	S2:		
2. <a href="#">Hammer Curl</a>	Dumbbells	S1:	S1:	Stagger feet/one arm at a time	Slow down motion
		S2:	S2:		
3. <a href="#">Triceps Press Down</a>	Resistance Bands/ Cables	S1:	S1:	Staggered stance	Slow down motion
		S2:	S2:		

**Circuit 4:** Complete exercises in order for two sets each.

Exercise	Equipment	Repetitions	Weight	Modification	Step-It Up
1. <a href="#">Internal Rotation</a>	Resistance Bands/ Cables	S1:	S1:	Step closer to machine	Pause longer before returning to start
		S2:	S2:		
2. <a href="#">Wrist Sup/Pro Curls</a>	Bench/Dumbbells	S1:	S1:	Less reps/focus on technique	Squeeze handle of weight
		S2:	S2:		
3. <a href="#">Bent Knee Pushup</a>	Body weight	S1:	S1:	Hands slightly wider than shoulder width	Slow down motion
		S2:	S2:		

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

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**Cool Down:**

Walk on treadmill 2-5 minutes; speed 3.2; incline 1.0; Static Stretching focusing on shoulders, biceps, and triceps. Hold each stretch for 20 seconds and repeat each stretch 2x.

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