Upper Body Exercises

	Date														
1. Chest press on floor or bench		R	W	R	W	R	W	R	W	R	W	R	W	R	W
	Set 1														
	Set 2														
2. Bent over rows		R	W	R	W	R	W	R	W	R	W	R	W	R	W
	Set 1														
	Set 2														
3. Lateral raises		R	W	R	W	R	W	R	W	R	W	R	W	R	W
	Set 1														
	Set 2														
4. Bicep curls		R	W	R	W	R	W	R	W	R	W	R	W	R	W
	Set 1														
	Set 2														
5.Tricep extensions		R	W	R	W	R	W	R	W	R	W	R	W	R	W
	Set 1														
	Set 2														
6. Push ups		R	W	R	W	R	W	R	W	R	W	R	W	R	W
	Set 1														
	Set 2														
7. Back extension		R	W	R	W	R	W	R	W	R	W	R	W	R	W
	Set 1														
	Set 2														
8. Stretches		R	W	R	W	R	W	R	W	R	W	R	W	R	W
	Set 1														
	Set 2														
9. Chest stretch on wall		R	W	R	W	R	W	R	W	R	W	R	W	R	W
	Set 1														
	Set 2														
10.Shoulder stretch across front of body		R	W	R	W	R	W	R	W	R	W	R	W	R	W
	Set 1														
	Set 2														
11.Back stretch (round spine)		R	W	R	W	R	W	R	W	R	W	R	W	R	W
	Set 1														
	Set 2														
12.Tricep stretch		R	W	R	W	R	W	R	W	R	W	R	W	R	W
	Set 1														
	Set 2														
13.		R	W	R	W	R	W	R	W	R	W	R	W	R	W
	Set 1														
	Set 2														
14.		R	W	R	W	R	W	R	W	R	W	R	W	R	W
	Set 1														
	Set 2														