



Upper body session 1

Warm up:

EXERCISE	REPS	SETS	NOTES
TREADMILL	2mins		2 want a decent speed here - more than a trot
WALKING LUNGES	10 each way		2 No weights in first set second set hold 8kg DBs in hands
SQUATS		20	2 No weight in any set
PRESS UPS		10	2 feet together, hands outside shoulder width

Run for the 2mins on treadmill. then do the 3 exercises one after another. Have a small (1-2minute) breather, then start next set

Round 1:

EXERCISE	REPS	SETS	NOTES
BENCH PRESS		10	4 First set moderate weight (warm up) X3 sets at a heavy (but manageable) weight

Have 1 minute off after each set

Round 2:

EXERCISE	REPS	SETS	NOTES
DB INCLINE PRESS		12	3 bench up slightly a weight thats heavy but you can manage all reps.
BARBELL PUSH PRESS		10	3 bar at shoulders with 10kg on either side. small dip with legs, as you straighten press bar above head. return it to shoulders

EXERCISE	REPS	SETS	NOTES
DB INCLINE FLYS	8	3	lying on same bench but with lighter DBs adduct them out to side feeling a good stretch. Back in again

All one after another (like warm up round) rest for 1minute once you've done them all.

Round 3:

EXERCISE	REPS	SETS	NOTES
SIT UPS	12	3	feet stay planted. hands on back of head all the time
CRUNCHES	20	3	knees in to start with so feet off floor. Extend hands over head and legs out straight. Both back in again
PLANK STEPS	12	3	In plank with feet together. Step on out to side tapping it on ground, back in. Alternate leg each rep

All one after another before resting

I hope you enjoyed it, Ideally you want to be doing some form of purposeful workout for at least 30mins per day, at least 3 days a week!

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