

## 30 Minute Upper body Workout

UPPERBODY WORKOUT			
EXERCISE	REPS	SETS	REST (Seconds)
1. Elliptical- Warm up for 5 minutes at 125 strides per minute.			1 minute
2. Machine Chest Press	15	2	35 secs.
3. Incline Dumbbell Flyes	15	2	35 secs.
4. Machine Lat Pulldowns	15	2	35 secs.
5. Smith Machine Back Rows	15	2	35 secs.
6. Side Cable Raises	15	2	35 secs.
7. Elbows Back Stretch	15	2	35 secs.
8. Wall Chest Stretch	15	2	35 secs.
9. Jog/Walk 5 minutes			

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