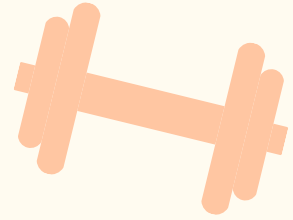


UPPER BODY  
GYM WORKOUT  
@MOVE\_COACHING



WARM UP

Option 1:  
Rowing Machine  
10 mins

Option 2:  
Walk outs / inch  
worms  
5 reps

Elbow plank  
30 second hold

\*Repeat 3 times\*

MAIN

Single arm BD row  
Use a bench  
(10 reps x 4 sets)

Lat pull down  
(12 reps x 4 sets)

Seated row  
(12 reps x 4 sets)

Superset:

Ex 1: DB chest press

Ex 2: Tricep dips  
(12 reps x 3 sets)

Bicep curl DB  
(10 reps x 4 sets)

Seated shoulder press  
(10 reps x 4 sets)

COOL DOWN

Stretches -  
(15 second hold)  
Tricep stretch  
Chest stretch  
Shoulder stretch

(5 min)  
Slow pace cross trainer

\*DB stands for dumbbell

Don't forget to tag, share and let me know  
how you get on!

M. x

MOVE BY MEG  
ONLINE COACHING

@MOVEBYMEG @ MOVE\_COACHING

