

# Upper Body Exercises



## Alternating Punches

- Alternate punching is a dynamic exercise that enhances cardiovascular health, boosts upper body strength, and improves coordination. It is an ideal workout for individuals of all fitness levels, particularly those interested in boxing, martial arts, or anyone seeking a full-body workout.



## Side and Lateral Arm Raises

- is a highly effective exercise targeting the shoulder muscles, specifically the lateral or side deltoids. This movement helps enhance