

# Upper Body Workout

EXERCISE	SETS	REPS	REST
Bench Press	12	3	60
Dumbbell Flyes	12	3	60
Barbell Curls	15	3	60
Tricep Pull downs	15	3	60
Seated Back Rows	15	3	60
Crunches	25	3	60

**Target Muscles:** Upper Body

**Equipment:** Full Gym

**Note:** This workout is designed to do two day a week for a month. On the other days, you should either rest or do lower body exercises. Make sure you also include cardiovascular exercises in your plan.