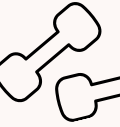


FOCUSED FEMININE

MY UPPER BODY ROUTINE

BEGINNER FRIENDLY



1. SHOULDER PRESS

3 SETS × 8–10 REPS

☞ START LIGHT, FOCUS ON CONTROL

2. LAT PULLDOWN

3 SETS × 8–10 REPS



☞ THINK “PULL ELBOWS DOWN, NOT HANDS”

3. SEATED CABLE ROW

3 SETS × 10 REPS

☞ KEEP CHEST UP, SQUEEZE YOUR BACK

4. DUMBBELL BICEP CURLS

3 SETS × 10–12 REPS

☞ SLOW ON THE WAY DOWN

5. TRICEP PUSHDOWNS

3 SETS × 10–12 REPS

☞ KEEP ELBOWS TUCKED

6. LATERAL RAISES

3 SETS × 10 REPS

☞ LIGHT WEIGHT, DON'T SWING

