

# Upper 1

Grouped workout plan

| Group | Exercise           | Sets | Weight / Reps (log here) |
|-------|--------------------|------|--------------------------|
| SS 1  | Pull-ups           | 3    |                          |
|       | Bottom-Up Press    | 3    |                          |
| SS 2  | Low-to-High Fly    | 2    |                          |
|       | Farmer Shrugs      | 2    |                          |
| SS 3  | Lateral Raise      | 2    |                          |
|       | Front Raise        | 2    |                          |
| TS 1  | Preacher Curl      | 2    |                          |
|       | Overhead Extension | 2    |                          |
|       | Reverse Curl       | 2    |                          |
| TS 2  | Rope Hammer Curl   | 2    |                          |
|       | Triceps Pushdown   | 2    |                          |
|       | Forearm Curl       | 2    |                          |

SS = Superset · TS = Triset

**SS** (superset) — alternate between the two exercises with minimal rest in between. **TS** (triset) — cycle through all three before resting.

Sets are listed; use the blank column to log your weight and reps as you go.

New to some of these movements, or coming back after time off? Consider a session with a trainer to check your form before loading up the weight, and check with a doctor before starting any new exercise program if you have a medical condition.