

Upper 2

Grouped workout plan

Group	Exercise	Sets	Weight / Reps (log here)
SS 1	Incline DB Press	3	
	Gorilla Row	3	
SS 2	Pec Deck	2	
	Upright Row	2	
SS 3	Arnold Press	2	
	Face Pull	2	
TS 1	Hammer Curl	2	
	Dips	2	
	Forearm Curl	2	
TS 2	Alternating Curl	2	
	Overhead Extension	2	
	Reverse 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.