



# **UPPER BODY DUMBBELL WORKOUT PDF**

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**THANK YOU for downloading our Upper Body Dumbbell Workout PDF!!!**

You can do this routine twice a week, or four times a week. Or, you can do it over a weekly calendar and spread workouts over 10 days, or two weeks. Use the tables below to help you schedule your workouts.

Weekday	Day			Weekday	Day
Monday	Push		Week 1	Monday	Push
Tuesday	Pull			Tuesday	Rest
Wednesday	Rest			Wednesday	Pull
Thursday	Push	<b>OR</b>		Thursday	Rest
Friday	Pull			Friday	Push
Saturday	Rest			Saturday	Rest
Sunday	Rest			Sunday	Pull
			Week 2	Monday	Rest
				Tuesday	Push
				Wednesday	Rest
				Thursday	Pull
				Friday	Rest
				Saturday	Rest
				Sunday	Rest

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## PUSH DAY

Select	Exercise	Muscles Worked	Sets	Reps
Pick 1	Flat Chest Press	Pec Major	4	15-20
	Flat DB Flyes			
Pick 1	20 - 45° Incline Chest Press	Pec Major, Anterior Deltoids		
	45 - 75° Incline Chest Press			
	DB Pullovers	Sterno-costal Pec, Triceps		
Pick 1	Arnold Presses	Anterior Deltoids, Middle Deltoids		
	Front Raises, Thumbs Up or Palms Up (perform Face forward on high incline bench to add challenge)	Anterior Deltoids, Clavicular Pec		
	Underhand Chest Press			
Pick 1	Lateral Raises, Face forward on high incline bench, arms slightly to the front (scaption, 15-20 degrees)	Middle Deltoids (raise above shoulder height for upper traps)		
	Seated Side Laterals			
Pick 1	Flat Dumbbell Triceps Extensions	Triceps		
	Seated Upright Triceps Extensions			

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## PULL DAY

Select	Exercise	Muscles Worked	Sets	Reps
Pick 1	Dumbbell Hammer Curls or Palms-up Curls	Biceps, Brachioradialis	4	15-20
	Biceps Curls			
Pick 1	Chest Supported Dumbbell Rows, Face forward on incline bench	Lats, Teres Major, Posterior Deltoids		
	Single Arm Dumbbell Rows			
Pick 1	Arms Wide Chest Supported Dumbbell Rows, Face forward on incline bench	Mid and Lower Traps, Posterior Deltoids		
	Rear Deltoid Flyes	Posterior Deltoids		
Pick 1	Kelso Shrugs, Face forward on high incline bench	Middle Traps, Upper Traps		
	Upright Shrugs	Upper Traps		
	Dumbbell "I" or "Y" Raises, Face forward on high incline bench to add challenge	Mid and Lower Traps, Upper Traps, Deltoids		

## Program Guide:

- Warm up with a few light sets of the exercise you'll be doing before performing your working sets.
- Recover between each set so you can do the next with the same or greater intensity. One to two minutes for warm-up sets, and three minutes for "working" sets is a good general guideline. Go by feel. Don't watch the clock.
- Three minutes of rest time for the upper body.
- Progressive overload always applies. Once the suggested rep range becomes easy, increase the resistance.
- Do not use momentum: no launching, kipping, hitching, swinging, etc. Make the target muscles do all the work.
- The only reps that count are perfect reps. Always use proper form.

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**Disclaimer:** The content provided in this upper body dumbbell workout guide is for general informational and educational purposes only and is not intended as a substitute for professional medical advice, diagnosis, or treatment. This workout routine, focusing on the use of dumbbells to target the upper body, may not be suitable for all individuals. It is highly recommended that you consult with a healthcare provider or a qualified fitness professional before beginning this or any exercise program, especially if you have any pre-existing health conditions, injuries, or if you are new to physical exercise. Exercise intensity and volume should be adjusted based on individual fitness levels and capabilities. If you experience any form of pain, discomfort, or other adverse symptoms while performing these exercises, immediately stop the activity and seek medical advice as necessary. Safety should always be the primary concern. It is important to ensure proper form and technique to minimize the risk of injury and to maximize the effectiveness of the workout. Individuals are encouraged to listen to their bodies and modify exercises as needed to align with their personal health and fitness goals.