

## Upper Body Blast

From [www.shrinkinguy.com](http://www.shrinkinguy.com)

Exercise	Sets x Reps				Weight
<b>Warmup</b>	30 Seconds each (3 min)				
Seal Jacks					
Neck Rotations					
Arm Circles					
Arm Crossovers					
Trunk Rotations					
High Knees					
<b>Superset</b>					
Chest Press	3x10				
Lat Pulldown	3x10				
<b>Superset</b>					
Pushup	3x15				
One Arm Row	3x10				
<b>Superset</b>					
Leg Raise	3x15				
Back Hyperextension	3x15				
<b>Superset</b>					
Bicep Curl	3x10				
Bench Dips	3x15				
<b>Cooldown</b>	5 min				