

# Men's Upper Body Strength



This program is designed to increase muscle strength and size for your upper body. Begin with 10-12 repetitions that can be executed with good form. If you feel unable to maintain your form in your set, lower the level of incline. Perform 1-3 sets at a slow, controlled speed. Take rests as needed. Once you successfully perform more than 12 repetitions, raise the level of incline. Perform this routine 2-3 times per week alternating between workout options #1 and #2.

## Workout Option #1

Date	Card #	Exercise Name	Resistance Level	Reps	Sets
	7	Pull-Up			
	5	Incline Push-Up			
	11	Seated Row			
	43	Seated Biceps Curl			
	1	Seated Chest Press Shoulder Width Grip			
	56	Pullover with Crunch			
	12	Iron Cross/Snow Angel			
	45	Lying Triceps Extension			

## Workout Option #2

Date	Card #	Exercise Name	Resistance Level	Reps	Sets
	9	Cross Cable Row			
	13	Reverse Fly			
	25	Inverted Front Raise			
	18	Inverted Iron Cross/Snow Angel			
	46	Inverted Biceps Curl			
	54	Oblique Twister			
	3	Seated Chest Fly			
	44	Lying Triceps			
	19	Shoulder Press			

\*Remember to consult a physician prior to beginning this or any exercise program. As you begin your program, take breaks and drink water as needed.

©2010 Total Gym Fitness LLC. For more information or product upgrades visit us online at [www.TotalGymDirect.com](http://www.TotalGymDirect.com). For additional workouts and product accessories visit us online at [www.TotalGymCatalog.com](http://www.TotalGymCatalog.com). All workout cards can be found in the *Total Gym Training Deck* at [www.TotalGymCatalog.com](http://www.TotalGymCatalog.com).