

## **WEEK 26 – UPPER BODY**

Here is your upper body workout for this week. Please don't hesitate to reach out with any questions you may have!

### **SET 1**

**Seated Alternating DB Press – 3 x 10 each arm**

**Plate Slides – 3 x 10 each side**

NOTES: As you are in the plank position, slide the plate forward and to the side. That counts as 1 repetition.

**Beast to Kick Through – 3 x 5 each side**

### **SET 2**

**Alternating Dumbbell Arnold Press – 3 x 10 each side**

**Close Grip Pulldown – 3 x 12**

**Plank with External Rotation – 3 x 10 each side**

NOTES: In the plank position, keep your left hand on the ground. With your right arm, wrap it under your body and open up to the outside and reach your right arm to the ceiling.

### **SET 3**

**Cable Lateral Raise – 3 x 12 each side**

**Cable Wood chop – 3 x 15 each side**

NOTES: With the attachment at the bottom, place your hands on the handle with a slight bend in the knees. Square your hips and drive your arms to the opposite, upper corner with your arms straight. Return slowly to the starting position.

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Rock