

Fit Bit Friday 143

The 20-Minute Upper Body Blitz Workout

****Disclaimer: As is the case with all workouts posted on Eat Spin Run Repeat, please check with a medical professional before beginning any exercise program. I am not a certified personal trainer and all workouts found on my blog are based only on my own experience.****

Description: For this routine, you'll need a few sets of dumbbells and a bench that you can adjust the incline on. I've indicated in the dumbbells column how they should feel – lighter, medium, or heavy. Ensure that you pick ones that allow you to complete the moves with good form, but still challenge you towards the last couple of reps. The instructions are simple: Perform the circuit as many times through as you can in 20 minutes, resting only when you need to. BUT don't sacrifice form for speed - make sure the reps towards the end are done correctly, because swinging weights around and not moving through a complete range of motion is not only unsafe, but ineffective too. Got it? Let's go!

Sets	Exercise	Dumbbells	Reps
As many as possible in 15 mins	Dumbbell bench press - Do regular bench presses with dumbbells, with the bench on the flat setting.	H	10
	Standing overhead shoulder press with triceps extension - Hold dumbbells in each hand and push arms overhead, pressing the dumbbells towards the ceiling. Bring the dumbbells together at the top, and perform an overhead triceps extension. Reverse the motion and bring weights back to shoulders, then repeat.	M	10
	Dumbbell standing lateral raise - Simultaneously raise arms straight out to your sides to form a T. Lower with control and repeat.	L/M	10
	Alternating seated incline biceps curl - Adjust the bench to around a 60 degree angle from the ground. (Flat would be 0 degrees, totally upright would be 90 degrees.) Perform biceps curls, alternating arms.	M	10 each side
	Incline dumbbell row - Keeping the bench at around 60 degrees, flip over onto your stomach and hold dumbbells near your armpits. Lower them towards the ground, then row them back to starting position, squeezing your shoulder blades together like you're trying to crush a can between them.	M/H	10
	Push-ups - After all of the above, these won't feel easy! To make them less difficult, put the bench on the flat setting and do your push-ups with hands on the bench, toes on the ground. To make them more difficult, put toes on the bench, hands on the ground.	none	10

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