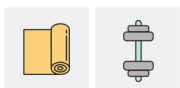


The Strapless Dress Workout

Upper body workout

Equipment



.....

Overview

This workout will target your entire upper body with toning exercises. You will look absolutely amazing in that strapless dress!

.....

Muscles Targeted

- Triceps
- Biceps
- Shoulders
- Chest
- Back

.....



Completed!

Check this box when you've completed your workout.



Circuit #1

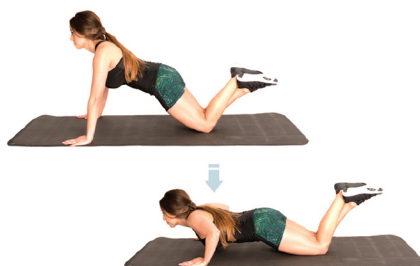
Repeat 2x



20 EACH LEG

Mountain Climbers

40 Reps



Push-ups (traditional or modified) 20 Reps



5-10 lbs

Bent Over Rows

15 Reps



2-5 lbs

Front Raises

15 Reps

Circuit #2

Repeat 2x



Jumping Jacks

40 Reps



2-5 lbs

Front Raises

15 Reps



2-5 lbs

Kickbacks

15 Reps



5-10 lbs

Hammer Curls

15 Reps

Circuit #3

Repeat 2x



20 EACH LEG

Butt Kickers

40 Reps



5-10 lbs

Overhead Press

15 Reps



5-10 lbs

Overhead Triceps Ext.

20 Reps



5-10 lbs

Hammer Curl and Press

15 Reps

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