

Fitness Meets Wellness Upper Body Superset with Abs and Total Body Option					
Date of Workout					
Warm-Up					
Super Set #1					
Bicep Curl 15 Reps	w ____	w ____	w ____	w ____	w ____
Back – One-arm Row (15 reps per side)	w ____	w ____	w ____	w ____	w ____
Rest					
Super Set #2					
Triceps – Overhead Extension 15 Reps	w ____	w ____	w ____	w ____	w ____
Push-ups	12 reps	12 reps	12 reps	12 reps	12 reps
Rest					
Super Set #3					
Chest – Flies on bench, floor, or ball. 15 Reps	w ____	w ____	w ____	w ____	w ____
Seated Alternating Overhead Press. 12 Reps	w ____	w ____	w ____	w ____	w ____
Rest					
Bonus Total Body Option – Repeat 3 Times					
Squats Alternating Wide and Narrow	15 each side	15 each side	15 each side	15 each side	15 each side
Mountain Climbers	10-30 seconds	10-30 seconds	10-30 seconds	10-30 seconds	10-30 seconds
Plank	10-30 seconds	10-30 seconds	10-30 seconds	10-30 seconds	10-30 seconds
Cool Down and Stretch					

Instructions: Perform each exercise back-to-back 2 – 3 times. Then, move on to the next superset. Rest 15 to 30 seconds between sets and supersets. Add the Bonus set to make this a total body workout.

To reduce the risk of injury, before beginning this or any exercise program, please consult a healthcare provider for appropriate exercise prescription and safety precautions.