



UPPER BODY

STAY ON TOP OF YOUR GAME.

UPPER BODY

3-4 SETS

- BB BENCH PRESS X12, 10, 10, 8
- KB HALOS X6-8 EACH WAY
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- BB BENT OVER ROWS X12, 10, 10, 8
- DB CLEAN AND PRESS X8-10
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- DB BICEP CULRS X10
- DB CHEST FLY X10
- DB SKULL CRUSHERS X10
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- PULLUPS (OR LAT PULLDOWN) X10
- HANGING LEG RAISES X10

DB: dumbbell / BB: barbell / KB: kettlebell

*each cluster of dots is to be done together as a superset/giant set

FOCUSED.



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