

# Women's Upper Body Sculpt



This program is designed to tone and define your upper body without adding muscle bulk. Begin with 12-15 repetitions that can be executed with good form. If you feel unable to maintain your form in your set, lower the level of incline. Perform 1-3 sets at a slow, controlled speed. Take rests as needed. Once you successfully perform more than 15 repetitions, raise the level of incline. Perform this routine 2-3 times per week alternating between workout options #1 and #2.

## Workout Option #1

Date	Card #	Exercise Name	Resistance Level	Reps	Sets
	56	Pullover with Crunch			
	45	Lying Triceps Extension			
	24	Serve			
	20	Upright Row			
	43	Seated Biceps Curl			
	15	Swimmer			

## Workout Option #2

Date	Card #	Exercise Name	Resistance Level	Reps	Sets
	73	Toe Touch Row			
	43	Seated Biceps Curl			
	22	Shoulder Extension			
	44	Lying Triceps			
	1	Seated Chest Press			
	54	Oblique Twister			

\*Remember to consult a physician prior to beginning this or any exercise program. As you begin your program, take breaks and drink water as needed.

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