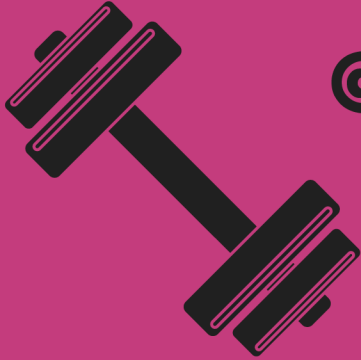
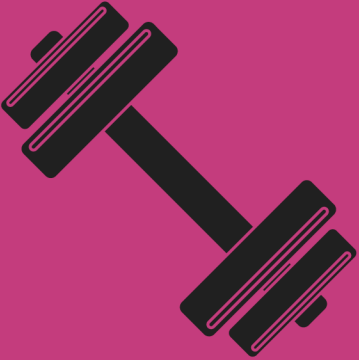




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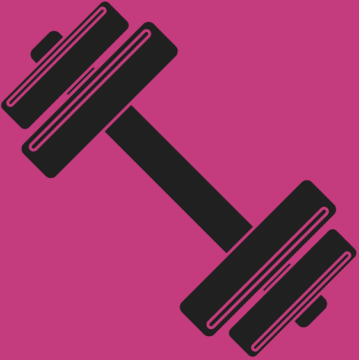
| 30 Day |

UPPER BODY CHALLENGE

ACTIVITY		SETS	REPS
DAY 1	• Bicep Curls	3 sets	10 - 12 reps
	• Tricep Dips	3 sets	10 - 12 reps
	• Push-Ups	3 sets	3 - 5 reps
	• Shoulder Press	3 sets	10 -12 reps
DAY 2	• Bent-Over Rows	3 sets	10 - 12 reps
	• Chest Press	3 sets	10 - 12 reps
	• Tricep Kickbacks	3 sets	10 - 12 reps
	• Jumping Jacks	3 sets	30 - 60 secs
DAY 3	REST		
DAY 4	• Hammer Curls	3 sets	10 - 12 reps
	• Tricep Extensions	3 sets	10 - 12 reps
	• Wall Push ups	3 sets	6 - 8 reps
	• Lateral Raises	3 sets	10 - 12 reps
DAY 5	• Reverse Flys	3 sets	10 - 12 reps
	• Chest Flyes	3 sets	10 - 12 reps
	• Overhead pull-apart	3 sets	10 - 12 reps
	• High Knees	3 sets	30 - 60 secs



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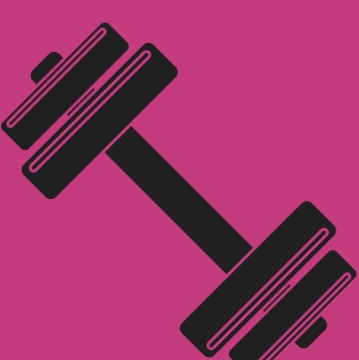
| 30 Day |

UPPER BODY CHALLENGE

ACTIVITY		SETS	REPS
DAY 6	REST		
DAY 7	• Concentration Curls • Tricep Pushdowns • Single-Arm Rear Delt Raise • Shoulder Circles	3 sets 3 sets 3 sets 3 sets	10 -12 reps 10 -12 reps 10 -12 reps 10 -12 reps
DAY 8	• Barbell Curls • Close Grip Bench Press • Arnold Press • High Plank to Low Plank	3 sets 3 sets 3 sets 3 sets	10 -12 reps 10 -12 reps 10 -12 reps 30 - 60 secs
DAY 9	REST		
DAY 10	• Renegade Rows • Tricep Extensions • Resistance Band Arm Pulses • Toe Taps with Jump	3 sets 3 sets 3 sets 3 sets	10 - 12 reps 10 - 12 reps 10 - 12 reps 30 - 60 secs



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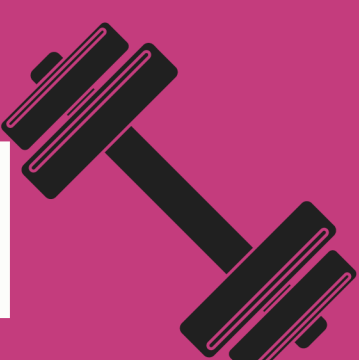
| 30 Day |

UPPER BODY CHALLENGE

ACTIVITY		SETS	REPS
DAY 11	• Superman with W Pull	3 sets	10 - 12 reps
	• Seated Shoulder Press	3 sets	10 - 12 reps
	• Tricep Bench Dips	3 sets	10 - 12 reps
	• Jump Rope	3 sets	1 -2 mins
DAY 12			
REST			
DAY 13	• Wide Biceps Curls	3 sets	10 - 12 reps
	• Skull Crushers	3 sets	10 - 12 reps
	• Bent-Over Reverse Flyes	3 sets	10 - 12 reps
	• Mountain Climbers	3 sets	30 - 60 secs
DAY 14	• Lat Pull Downs	3 sets	10 - 12 reps
	• Bent-Over Barbell Rows	3 sets	10 - 12 reps
	• Chest Flys	3 sets	10 - 12 reps
	• Tricep Dumbbell Pullovers	3 sets	10 - 12 reps
DAY 15			
REST			



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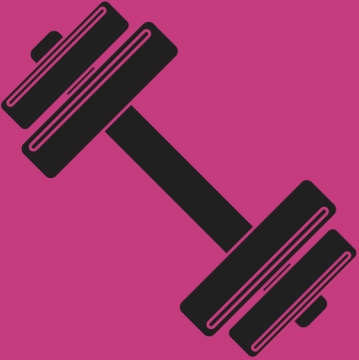
30 Day

UPPER BODY CHALLENGE

ACTIVITY		SETS	REPS
DAY 16	• Single-Arm Lat Pulldown	3 sets	12 - 15 reps
	• High Anchor Cable Row	3 sets	12 - 15 reps
	• Straight Arm Lat Pull Down	3 sets	12 - 15 reps
	• Butt Kicks	3 sets	30 - 60 secs
DAY 17	• Y Raises	3 sets	12 - 15 reps
	• Narrow Chest Press	3 sets	12 - 15 reps
	• Dumbbell Face Pulls	3 sets	12 - 15 reps
	• Running in Place	3 sets	30 -60 secs
DAY 18	REST		
DAY 19	• Crossbody Curls	3 sets	12 - 15 reps
	• Tricep Overhead Extension	3 sets	12 - 15 reps
	• Single-Arm Dumbbell Rows	3 sets	12 - 15 reps
	• Jump Squats	3 sets	30 - 60 secs
DAY 20	• Barbell Curls	3 sets	12 - 15 reps
	• Tricep Dumbbell Kickbacks	3 sets	12 - 15 reps
	• Wall Push Ups	3 sets	12 - 15 reps
	• Plank Jacks	3 sets	30 - 60 secs



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| 30 Day |

UPPER BODY CHALLENGE

ACTIVITY

SETS

REPS

DAY 21

REST

DAY 22

- Bosu Ball Chest Press
- Tricep Bench Press
- Seated Cable Rows
- Jumping Lunges

3 sets
3 sets
3 sets
3 sets

12 - 15 reps
12 - 15 reps
12 - 15 reps
30 -60 secs

DAY 23

- Cable Bicep Curls
- Cable Face Pulls
- Cable Tricep Pull Overs
- Row Machine

3 sets
3 sets
3 sets
1 set

12 - 15 reps
12 - 15 reps
12 - 15 reps
15 - 20 mins

DAY 24

REST

DAY 25

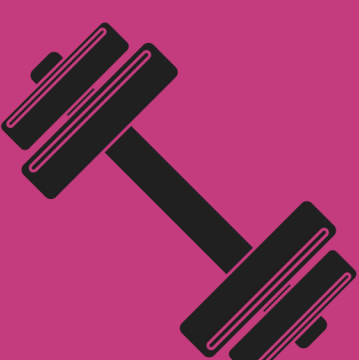
- Biceps Curl To Press
- Upright Row
- Z Press
- Knee Drives

3 sets
3 sets
3 sets
3 sets

12 - 15 reps
12 - 15 reps
12 - 15 reps
30 - 60 secs



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| 30 Day |

UPPER BODY CHALLENGE

ACTIVITY		SETS	REPS
DAY 26	• Standing Cactus Arms	3 sets	12 - 15 reps
	• Dumbbell Floor Press	3 sets	12 - 15 reps
	• Front Raise To Lateral Raise	3 sets	12 - 15 reps
	• Speed Skaters	3 sets	1 - 2 mins
DAY 27	REST		
DAY 28	• Good Mornings	3 sets	12 - 15 reps
	• Side Tricep Cable Pushdowns	3 sets	12 - 15 reps
	• Cable Bent Over Rows	3 sets	12 - 15 reps
	• Bear Plank Shoulder Tap	3 sets	30 - 60 secs
DAY 29	• Reverse Grip Lat Pull Down	3 sets	12 - 15 reps
	• Tricep Bench Dips	3 sets	12 - 15 reps
	• Shoulder Press	3 sets	12 - 15 reps
	• Battle Ropes	3 sets	30 - 60 secs
DAY 30	REST		