

## Two Upper Body Workout Plans

The following two plans can help you get a full upper body workout. One focuses primarily on workout machines and is a great plan for toning and weight loss. The other uses predominately free weights and is great for muscle building.

### Weight Machines

Weight machines are great for beginners. They are also good for toning and weight loss.

- If you are a beginner, perform two to three sets of 12 to 15 repetitions of a fairly light weight. Beginners should follow the program for six to eight weeks before moving up in level.
- For intermediate and advanced, you can lift heavier weights, completing two to three sets of 8 to 10 repetitions to exhaustion.
- Always warm up, cool down, and stretch.
- Leave 48 hours between sessions of working the same muscle groups.

Exercise	Muscle Groups Worked	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Seated row	Lower back, lower lats							
Pull-downs	Lats, rhomboids	B/I				B/I		
Seated chest press	Pectorals	B/I				B/I		
Seated pec deck	Pectorals							
Shoulder press	Deltoids	B/I				B/I		
Machine side laterals	Deltoids							
Machine biceps curl	Biceps	B/I				B/I		
Machine triceps press	Triceps	B/I				B/I		

**Key: B = Beginners, I = Intermediate/Advanced**

You can perform a leg and abdominal workout on Tuesdays, Thursdays, and Saturdays.

## Free Weights

These routines primarily use free weights, although it may include some machines as well.

- Follow the beginner and intermediate routines above for six to eight weeks each before engaging in this program.
- Work with an experienced weight lifter or personal trainer when you start with free weights to ensure you are using proper form.
- Perform two to three sets of six to eight repetitions to exhaustion for each exercise.
- Additional exercises are included for advanced lifters. Perform the intermediate routine for six to eight weeks before moving on to the advanced routine.
- Always warm up, cool down, and stretch.
- Leave 48 to 72 hours between working each muscle groups.
- Perform these exercises at least two times per week. Perform leg, abdominal, and lower back exercises on alternate days.
- You can also work legs, lower back, and abs on the same day you work your back and biceps.

Exercise	Muscles Worked	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<a href="#">Dumbbell pullovers</a>	Lats, rear deltoids, chest	I/A			I/A			
<a href="#">Bent-over row</a>	Lats, shoulders, rear deltoids	A			A			
<b>Shrugs</b>	Rhomboids	I/A			I/A			
<b>Bench press</b>	Pectorals		I/A			I/A		
<a href="#">Incline dumbbell flyes</a>	Pectorals, front deltoids		A			A		
<b>Military press</b>	Deltoids		I/A			I/A		
<a href="#">Dumbbell side lateral raises</a>	Deltoids		I/A			I/A		
<a href="#">Dumbbell front lateral raises</a>	Front deltoids		A			A		
<b>Barbell biceps curls</b>	Biceps	I/A			I/A			
<a href="#">Hammer curls</a>	Biceps	A			A			
<a href="#">Barbell triceps extensions</a>	Triceps		I/A			I/A		
<a href="#">Triceps rope pulldowns</a>	Triceps		I/A			I/A		
<a href="#">Dumbbell triceps kickbacks</a>	Triceps		A			A		
<a href="#">Dumbbell wrist curls</a>	Forearms	A			A			

**Key: I = Intermediate, A = Advanced**