

## Beginner DB Upper Body 101

This is a beginner exercise program to be used alongside professional advice. You should progress slowly and take your time. It is important to focus on technique to avoid injury and gain the most benefit.

Warm Up - 30s on, 10s off.	Set 1 - 25s on, 25s off, repeat twice	Cool Down - 30s on, 10s off.
Skipping	DB alternate shoulder press	Jogging on spot
Jogging on spot	DB bent over rows	Shadow boxing
5 shoulder rotations	DB hammer curls	Shoulder shrugging
Elbows back & together	DB standing triceps extension	Trap stretch L
Bent over Y's	DB preacher curl L	Trap stretch R
Knee pull to chest	DB preacher curl R	Triceps stretch L
	DB reverse fly	Triceps stretch R
	DB fly	Thoracic child's pose
	DB curl & press	
	DB triceps push out	

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### Disclaimer:

Before you start this or any exercise programme you must get your GP's / medical professional's approval. These home workouts are for informational purposes only and it is not meant as medical advice, nor is it a substitute for medical advice or a medical programme. Anyone experiencing any pain, discomfort, light-headedness, dizziness or becoming short of breath, should stop exercising immediately and consult a doctor/physician. The author is not responsible in any manner for any injury, loss, risk or liability, personal or otherwise, that result from the use of the fitness workout programmes or exercises outlined in this document.