

## 20 Min Upper Body Workout (Shoulder focus) for at home

Perform as many rounds a possible in 10 minutes

<b>Exercise</b>	<b>Weight/dumbbell</b>	<b>Reps</b>
DB Chest Press	Medium (12-25 lbs)	10
DB Chest Press/Fly	Medium (12-25 lbs)	10
DB Squat/Shoulder Press	Medium (12-25 lbs)	10
DB Squat/Biceps Curl (at the bottom)	Medium (12-25 lbs)	10

Finish up with 1 single minute of Squat Jumps

Perform as many rounds a possible in 10 minutes

<b>Exercise</b>	<b>Weight/dumbbell</b>	<b>Reps</b>
DB Bent-over Row/Fly (alternate)	Medium (12-25 lbs)	8 ea way
DB Renegade Row	Heavy (15-35 lbs)	8 ea way
DB Biceps Curl/Shoulder Press*	Medium (12-25 lbs)	1 full chain (1 to 5)*
Bench Dips	N/A	16

\*Chaining up the shoulder press from 1 to 5 reps