

Chest Press with Weighted Bar

Position upper back on stability ball. Lower weighted bar to middle of chest, then press the bar upward.



Sets: 2
Reps: 10 - 15

Dips with Aerobic Step

Place hands on edge of aerobic step. Lower your body by bending the elbows, then return to the starting position.



Sets: 2
Reps: 10 - 15

Chest Fly with Weighted Balls

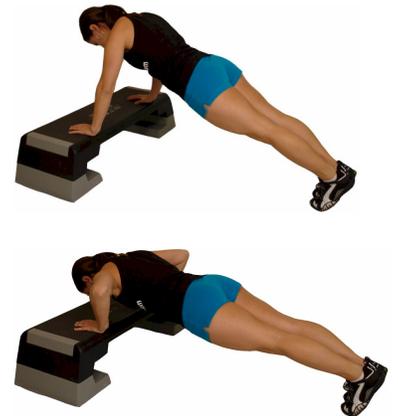
Position upper back on ball. Hold balls together with arms extended. Keep arms locked into position and fly the arms outward.



Sets: 2
Reps: 10 - 15

Push-ups

Place arms shoulder width apart. Keep back flat. Lower chest within inches from the step, then push up to the starting position.



Sets: 2
Reps: 10 - 15

Overhead Triceps Extension

Extend dumbbell over the head. Arms should be straight. Keep elbows close to the head. Lower arms by bending at the elbows, then repeat.



Sets: 2
Reps: 10 - 20

Triceps Pressdowns

Anchor resistance tubing high above. Keep elbows fixed close to your sides. Press the resistance downward and extend the elbows.



Sets: 2
Reps: 10 - 20