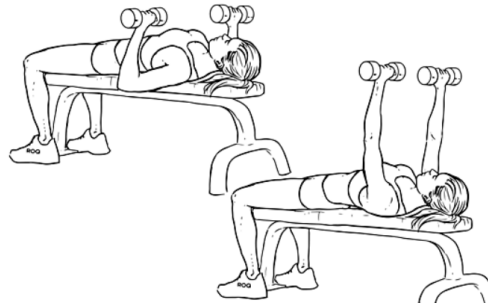


Brian's Ten-Minute Workout Series

Chest/Upper Core

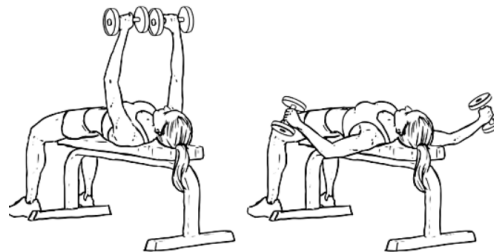
Equipment Needed: Light to Medium Dumb Bells

Exercise: Chest Press



Grab a set of light weights. We are going to do a change up in the timing of the reps. Start out with 10 chest presses at a regular pace. Then do 8 presses with a 2-count down and 2-count back up. Then do 6 presses with a 3-count down and 1-count back up. Then do another 6 presses with a one count down and a 3-count back up. Then do 4 presses with a 4-count down and 4-count back up. Finish with 10 more singles presses.

Exercise: Chest Fly's



Do the same set of rep progression as you did above with the chest presses.

***You can do both set of exercises on a bench, exercise ball or on the floor.

