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| Upper body | Spring workout plan | |
| Exercise | | Description | | Sets/reps | Muscle |
| Inclined pushup | | Put feet on platform behind you that is about 2-3 feet off the ground. Place hands in front of you and do a push up | | 3/10 | chest |
| Weighted pushup | | Where a weight vest while doing pushups or have someone hold weight on your back | | 3/10 | chest |
| Dips | | Using a dip bar, lift yourself off the ground, then, while still in the air, lower your body until your elbows reach 9 degrees, then come back up and repeat | | 3/15 | chest |
| Db bench press | | Lay on bench facing up with a dumbbell in each hand and lower them to your chest the push back up | | 4/20 | chest |
| Incline barbell bench press | | Lay on bench that is slanted upward up with a dumbbell in each hand and lower them to your chest the push back up | | 3/15 | Chest and pecs |
| Alternating db bench press | | Lie on bench and move one arm down to your chest then push back up. Alternate between arms | | 4/20 | pecs |
| Inverted row | | Lay on round with a bare above you and pull up on bar | | 3/10 | back |
| Db row | | Hold two dumbbells in each hand with your palms facing your thighs and lift the dumbbells up to your chin | | 4/20 | back |
| Db lateral raise | | Hold two dumbbells and each hand next t thighs and lift out ward | | 3/10 | back |
| chin-up | | Grab a bar above you with your palms facing towards you and lift your body up | | 5/5 | lats |
| Wide grip pull up | | Grab a bar above you with palms facing away and wider than shoulder width | | 3/5 | lats |
| Lat pull-down | | Grab cable bar and pull down to your chest. | | 4/20 | lats |
| Barbell push press | | Hold a bar at about the height of your shoulders and press up and then bring it back down | | 3/10 | shoulders |
| Db shoulder press | | Hold dumbbells in both hands while seated and push up. | | 4/10 | shoulders |
| Front db raise | | Hold dumbbell in each hand and raise in front of you until parallel with floor | | 3/10 | shoulders |
| Db shrug | | Hold dumbbells at your side and raise shoulders | | 5/30 | shoulders |
| Db curl | | Hold dumbbells to side and raise one arm to chin. Then the other arm | | 5/30 | biceps |
| Twisting standing dumbbell curl | | Hold dumbbells to side and raise one arm to chin but as you do so twist the dumbbell as you raise it | | 3/20 | biceps |
| Barbell overhead triceps extension | | Hold bar above head and lower and raise behind head | | 4/10 | triceps |
| Triceps pull down | | Grab cable bar and pull down in front of you | | 4/15 | triceps |