

DAY 20 (Upper Body)

DB = Dumb Bell

SB = Stability Ball

- 1. DB Alternating Front Raises**
- 2. DB Alternating Bentover Rows**
- 3. DB Arnold Shoulder Press**
- 4. DB Reverse Flyes**
- 5. DB Chest Press**
- 6. DB Lateral Raises**
- 7. Side to Side Pushups**

>> 1 Min Per Exercise - 4 Rounds <<