



Skull Crushers

Starting position:

Lying on your back, one arm extended and the other arm supporting your elbow.

Movement:

Slowly bend your elbow to 90 degrees. Return to starting position.

Perform ____ **Reps** ____ **Sets** ____ **X/day**

Resistance: _____

Upright Row

Starting position:

Standing with weights in hand at your waist and feet shoulder width apart.

Movement:

Lift your arms up to shoulder height, bending your elbows. Remember to keep your hands close to your body and DO NOT shrug your shoulders. Slowly return to starting position.

Perform ____ **Reps** ____ **Sets** ____ **X/day**

Resistance: _____